

BBC

goodfood

March 2024
DHS15

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Middle East

Iftar at home

Ramadan specials for your next gathering

- ✦ Beetroot & lentil tabbouleh
- ✦ Golden spiced pilaf with crispy shallots
- ✦ Rose & pistachio milk cake

TRY OUR
PLANET-
FRIENDLIER
DISHES

DIET
DECODED

Exploring the Keto Diet

Elevate Your Dessert Game

Blitz-and-bake banana sticky toffee pudding | Carrot & pineapple cake | Marshmallow rabbits

CPI

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A photograph of three young women wearing beige hijabs, smiling and looking upwards. They are positioned in the lower half of the frame, with their heads and shoulders visible. The background is a soft, out-of-focus light blue.

W DUBAI

THE PALM

REFLECT AND RECONNECT

Be treated to an incredible selection of International and Arabic dishes at LIV.
With bright and spacious interiors, W Dubai – The Palm's all-day dining promises a delectable Iftar throughout Ramadan.

Starting from AED 249
Children aged between 6 and 12 starting from AED 125
Kids under the age of six dine free

During Ramadan
LIV / W Dubai – The Palm

For reservations and more information, please contact us at +971 4 245 5800,
email wpalmdining@whotelsworldwide.com or message us on WhatsApp at +971 50 189 4111



Welcome!

March unfolds with a multitude of occasions, from the cherished traditions of Easter and Mother's Day to the reflective observance of Ramadan. In this edition, we've assembled a selection of recipes, presenting a myriad of flavours and inspired dishes to enhance your gatherings. Seeking weekday meal inspiration? Explore our Quick toast ideas (p34), discover the optimal ways to utilize kitchen gadgets to make comfort food (p40), master the art of crafting ravioli (p72), and savour Tom Kerridge's One-pan sirloin steak for a sumptuous dinner (p46).



If you're hosting an Iftar gathering for family and friends, try our cover star Golden spiced pilaf with crispy shallots (page 49), or indulge in the decadent Rose & pistachio milk cake (p68). This month, we also delve into informative features, including spice tips (p21), as well as insights into the Keto diet (p88). Our Budget-friendly creations featuring the Blitz-and-bake banana sticky toffee pudding and Cheesy potato patchwork pie (p57), along with healthy meal inspiration, offer a plethora of recipe ideas to accompany you through March. Don't miss our fun Easter projects (p85) to keep little ones engaged during spring break. Stay updated with the latest news and openings in the Middle East, and peruse our restaurant reviews to select the perfect spot for your next dining experience.

Happy Reading!

Nicola Monteath
Editor

These are a few of
our favourite dishes...



"This Carrot & Pineapple Cake is suitable for any occasion, offering a delightful fruity conclusion to a meal."

Liz Smyth, Group Sales Director



"Turmeric granola is an interesting breakfast discovery, especially given it's anti-inflammatory and antioxidant properties."

Blanche D'mello, Assistant Editor



"The notion of cooking a whole chicken in an air fryer never crossed my mind. This roast makes for a convenient solution after a long day."

Gill Fairclough, Sales Director

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.



Your Say

We love hearing from you!

star
letter



This issue got me thinking about all the sustainable swaps! We do consume over the top, and I was eager to know how I could stretch my budget, I especially loved the recipe for the perfect pie by Phillipe Khoury, a true delight for the eyes and senses. I enjoyed looking at the winners too and cheering for all the homegrown concepts. I must admit, I savoured each recipe a little too much,

thank you for always coming up with amazing recipes that are wholesome nutritious, and satisfying to see, taste and smell. The feature on Wales got me eager and excited to explore this new country, the sights looked phenomenal and the photography simply spectacular. *BBC Good Food Middle East*, please keep up the good work!

Noor Hamam



What I appreciate the most in the February issue of *BBC Good Food Middle East* are the quick meal plans for four and the leftover recipes. Since my husband agreed with me to change our diet to Mediterranean, I was thrilled to explore new menu ideas. The Noodles with crispy tofu and Sausage and soy fried rice recipes are on the queue this week. I am certain that my entire family would love it as the ingredients are common in our grocery list. Aside from that, I love the recipes on how to recreate leftovers into a newly enjoyable meal. It was very economical and it reduced food waste. Thank you so much for giving me a new perspective on how to be creative in serving nutritious food for my family.



The feature on nutritious breakfast recipes was my favourite - it helped me make some changes in getting a healthy breakfast. The recipes were easy to follow and the fact that some had a make-it-vegan option, was even better!

Urshita Lele

For me, it's all about the *Flavours of the Month* pages. I love finding out about places that I have not been to and reading what you think about places that I have been to.

Stefan Jeschonneck

WIN!

A SHOPPING VOUCHER AT BETTER LIFE, WORTH AED500.

Discover Better Life, the premier destination for home appliances, boasting over 70 top brands spread across 8 stores in Dubai and Abu Dhabi. From essential Home & Kitchen Appliances to Cooling Appliances, Cookware, and Kitchen Essentials, find everything you need to enhance your daily living. At Better Life, renowned brands converge to offer the best appliances, ensuring each day is elevated with quality and convenience.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: [f](#) [i](#) [x](#) [t](#) [v](#) [@bbcgoodfoodme](#)

Or, you could write to us at: The Editor, BBC Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



SAVOUR THE HARVEST

Immerse yourself in an elevated brunch escapade at the Farmers Brunch at Farmhouse,
The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert

What could be more delightful than waking up on a Saturday morning, embarking on a road trip followed by an afternoon dining experience at a luxury desert resort in Ras Al Khaimah? A brunch that embraces the farm-to-table philosophy, of course. At the highly anticipated launch of the Farmers Brunch at Farmhouse, The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert invites diners on a delightful culinary journey crafted from locally sourced ingredients, showcasing the region's esteemed farms.

Transforming Farmhouse into a rustic haven with refined touches, the ambience exudes countryside charm, adorned with hay stacks, metal milk buckets, and rustic decor, whisking guests away to the heart of rural life.

Crafted by the skilled culinary team at The Ritz-Carlton, the menu is a testament to creativity and flavour diversity, highlighting the abundance of the region. The buffet features live stations, including a Caesar salad station, a Burrata station offering varied pesto options, and an Oyster station featuring locally sourced Dibba Oysters. Diners can also enjoy a Cold

Seafood Bar and the Cheese and Charcuterie station, starring artisanal cheeses and cold cuts.

Hot culinary offerings showcase a Risotto station featuring a medley of ingredients, live Carving stations featuring smoked short ribs or brisket, and succulent roasted lamb. For those craving a personalized experience, the à la carte menu offers options such as local seabass; roasted lemon and thyme chicken, and a vegetarian Wellington.

The Dessert station is a true indulgence, featuring an ice cream stand and a decadent chocolate fountain, alongside an array of treats including cheesecake, chocolate fudge brownies, and traditional tiramisu.

Beyond the culinary indulgence, The Ritz-Carlton Ras Al Khaimah, Al Wadi Desert has partnered with Barakat, a sustainable grower committed to eco-friendly practices, further emphasizing the hotel's dedication to supporting local, sustainable agriculture by featuring produce free from chemicals, conserving energy and water, and promoting biodiversity and ecology.

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East

A GIFT FOR SHOPPERS



Waterfront Market, Dubai unveiled its first signature recipe book curated by Chef Christos Lymperis, known as Chef Chris. Available as a complimentary digital download, the book is a gift from the market to its customers and UAE residents, to ignite culinary creativity using its finest produce. Divided into four sections mirroring the market's layout, including Seafood, Meat & Poultry, Fruits & Vegetables, and Dry Foods & Spices, with added dessert recipes and sauces, each dish embarks on a flavourful journey inspired by Chef Chris's culinary expertise and experiences within the bustling market. Crafted for both beginners and seasoned cooks alike, the collection showcases international and Mediterranean-inspired dishes like sweet and sour fish, Mediterranean cordon bleu, and kunafa prawns. With insights and tips from Chef Chris himself, the recipes offer valuable resources for mastering the art of cooking with fresh ingredients. Chef Chris's upbringing on family farms adds a unique essence, infusing the recipes with a dedication to culinary excellence.

To access the digital version, visit waterfrontmarket.ae/wfm-recipe-book/



THIS
MONTH
WE
LOVE...

The Brooklyn Creamery has introduced a limited-edition Ice-cream Bonbons pack this Ramadan, available in three flavours: Sicilian Pistachio, Cafe au Lait, and Strawberry Kiss, each enveloped in fine Belgian chocolate. Ideal for Iftars and family gatherings, the pack contains 24 low-calorie and no added sugar bonbons, offering a guilt-free indulgence.

AED60 per pack. Visit thebrooklyncreamery.ae



NEW OPENING

Venchi, the esteemed Italian chocolatier, recently opened its iconic ChocoGelateria boutique at Dubai Mall. Nestled on the lower ground floor, savour the artistry of Italian gelato and an array of chocolates in diverse shapes and flavours, from whimsical pick 'n' mix to luxurious bars and gift boxes. At the heart of the boutique, Venchi's renowned Chocoviar collection dazzles visitors with offerings like Crème Brûlée, Pistachio, and Stracciatella, alongside a captivating chocolate waterfall dispensing velvety Suprema chocolate spread. The glass counter showcases over 90 flavours of artisan gelato, from Tuscan Cream to vegan-friendly Lychee Sorbet, complemented by homemade cones dipped in chocolate and Piedmont hazelnut. Further indulge at the dedicated café area, with a menu featuring gourmet coffees, Gelatoshakes, rich Suprema hot chocolates, and delectable crepes.

GET YOUR COFFEE FIX AT...



Juan Valdez, a renowned 100% Premium Colombian Coffee brand, has recently launched its latest establishment in Jumeirah 2, Dubai. With over 580 coffee shops spread across 18 countries, look forward to an extensive menu boasting 30 coffee options, crafted with meticulously handpicked Arabica beans, reflecting over 95 years of

expertise. Visitors can also enjoy a variety of bites, from freshly baked croissants to Colombian specialties and desserts, ensuring a memorable experience.

Visit Instagram (@juanvaldez.mena).

RAMADAN SPECIAL



REDTAG, renowned for its quality, value-based pricing, and culturally inspired styles, has unveiled its Ramadan collection. The new homeware line features festive-themed dinnerware and deluxe furnishings perfect for a decor-rich Iftar setting at home. Looking to elevate your table spread? Off-white and natural tones meet leafy golden motifs or applique works to evoke the spirit of Ramadan.

Visit redtagfashion.com.



This Ramadan, AVANTCHA Tea introduces its special Ramadan and Arabian Tea Collections, curated to embody reflection, gratitude, and shared moments over tea during the Holy Month. The Ramadan Collection offers a selection of exquisite teas to accompany each day of Ramadan, presented in a handcrafted box perfect for gifting or communal use. Meanwhile, the Arabian Tea Collection features 12 loose-leaf teas with fragrant Arabian flavours, housed in a stylish box ideal for igniting the senses. Additionally, AVANTCHA presents its bestselling collections, including the Rose Tasting Trio and Rose Gold, along with the Tea Humidor Noir.

Visit avantcha.com

Flavours of the *month*

What's hot and happening
around town this month

▀ CALA VISTA

Step into the world of tantalising Italian flavours and rustic charm, nestled against the backdrop of the iconic Burj Al Arab Jumeirah. Welcome to Cala Vista, where Head Chef Luca Crostelli invites guests on a culinary journey through the heart of Italian heritage, offering a sensory adventure along the sun-drenched coast of Italy. Start your voyage with Carpaccio di manzo or the Tagliere cala vista, then savour wood-fired pizzas such as La burrata, La picante, or La carpaccio di manzo as the sun sets, followed by sweet finales featuring Il Limone or the classic Tiramisu.

Contact 800 323 232.



▀ THE LINK DUBAI

Experience the newly-launched The Link, the world's longest cantilever, featuring an array of enticing culinary concepts helmed by Michelin-lauded chefs. From French Riviera classics at Aelia to traditional Moorish and Andalusian flavours at Qabu, and innovative Thai cuisine at DuangDy, The Link's culinary constellation offers an eclectic journey through global cuisines. Complemented by an array of entertainment options, including Sphere, the Destination Bar, and culinary hotspots like StreetXO and Andaliman, The Link sets the stage for unforgettable experiences at One&Only One Za'abeel, the first urban resort for the brand.

Visit thelinkdubai.com.



Cala Vista

Photographs SUPPLIED

➤ HIGH SOCIETY



Nestled atop The Lana, this rooftop lounge at The One hotel, promises a breathtaking 180° vista of Dubai's skyline. This vibrant concept transitions seamlessly from a serene daytime retreat for hotel

guests to a spirited lounge after sunset, offering unparalleled city views and an enticing food and beverage menu curated to live up to its name. Chef-curated 'finger food' sharing plates featuring high-quality ingredients such as zucchini flowers, eggplant, langoustines, and raw fish complement the immersive experience. Adorned with imperial glamour and enveloped in enchanting royal blue hues that mirror the adjacent infinity pool, the venue offers an indoor-outdoor blend with mirrored ceiling panels adding allure and glass windows offering uninterrupted panoramic views.

Visit dorchestercollection.com/dubai/the-lana.

➤ ZENON DUBAI



The AI-driven restaurant situated near Kempinski Central Avenue's main entrance introduces its all-new Pandesia lunch experience. This meticulously crafted set menu tantalises with starters such as Burratina salad and Salmon carpaccio, alongside Fried calamari and the classic Greek salad. Main courses showcase options including Wild seasonal mushrooms risotto adorned with shaved black truffle.

Dessert selections are available on the à la carte menu, perfect for those craving a sweet conclusion to their meal.

Monday to Friday, from 12pm-5pm. AED150 per person. Contact +9714 837 7222.

➤ THE STRAND



The Strand's Retro Breakfast Brunch invites diners on a nostalgic journey with its all-day dining experience, evoking classic American breakfast specials. Guests can indulge in five delicious breakfast dishes

paired with a wide selection of beverages, providing the ideal opportunity to relax and begin the weekend. Featuring themed headers such as Omelettes & Scramblers, Eggcellent Signatures, Honky Dory Classics, South of the Border, and Sweet Sixteen, diners can enjoy a diverse range of options for a distinctive American-style dining adventure. Additionally, the Breakfast Bar offers an extensive array of beverages to complement the meal, ensuring a memorable brunch experience for all.

Every Saturday. AED125 per adult. Contact +9714 430 2221.



➤ BISOU

Opening its doors this month, Bisou emerges as a glamorous fine dining destination located at Dubai Opera Plaza. With a concept merging French classics and Middle Eastern essence, Bisou's menu features signature dishes like Dates tahini with yuzu black caviar and foie gras terrine with apricots.

Visit Instagram (@bisou.dubai).



➤ BOOM BATTLE BAR

BOOM BATTLE BAR introduces an all-new brunch with a fusion of entertainment and culinary delights. Guests can immerse themselves in thrilling augmented reality games like darts and axe throwing while enjoying a vibrant party atmosphere, street food specials including cheese nachos, chicken tenders, panko prawns, jalapeno poppers and loaded fries, and expertly crafted concoctions.

Every Saturday, from 1-4pm. From AED195 per person. Visit boombattlebar.com/ae/dubai.

➤ ALIZÉE



Banyan Tree Dubai introduces two exciting dining concepts, Alizée and Alizée Pool & Beach, offering exquisite culinary experiences amidst the serene setting of the resort. Alizée presents a contemporary Mediterranean dining

experience with Southern French flair, featuring an elegant indoor and alfresco setting and an innovative menu crafted with fresh ingredients and rustic presentations. The venue extends the coastal vibe with a relaxed outdoor ambience, where diners can enjoy a curated selection of culinary delights and refreshing beverages amidst Bohemian pool bars and beachside loungers, creating an unforgettable dining experience infused with oceanside charm.

Contact +9714 556 6466.



➤ PIERRE HERME PARIS BOUTIQUE

Experience the exquisite artistry of pastry at the newly unveiled Pierre Hermé Paris pâtisserie, located within the Four Seasons Hotel Riyadh at Kingdom Centre. Launched by the renowned French pastry chef and chocolatier, Pierre Hermé – often hailed as “the Picasso of Pastry” – the pâtisserie showcases an array of pastries, macarons, and chocolates. Indulge in delicacies such as the Infiniment Vanille shortbreads infused with mascarpone cream and exotic vanillas, or the Plaisir Sucré dacquoise biscuits adorned with crunchy hazelnuts, milk chocolate ganache, and chantilly cream. Led by Executive Pastry Chef Steve Thiery, hailing from Nancy, France, the boutique ensures freshness and creativity by preparing all pastries onsite in a dedicated kitchen.

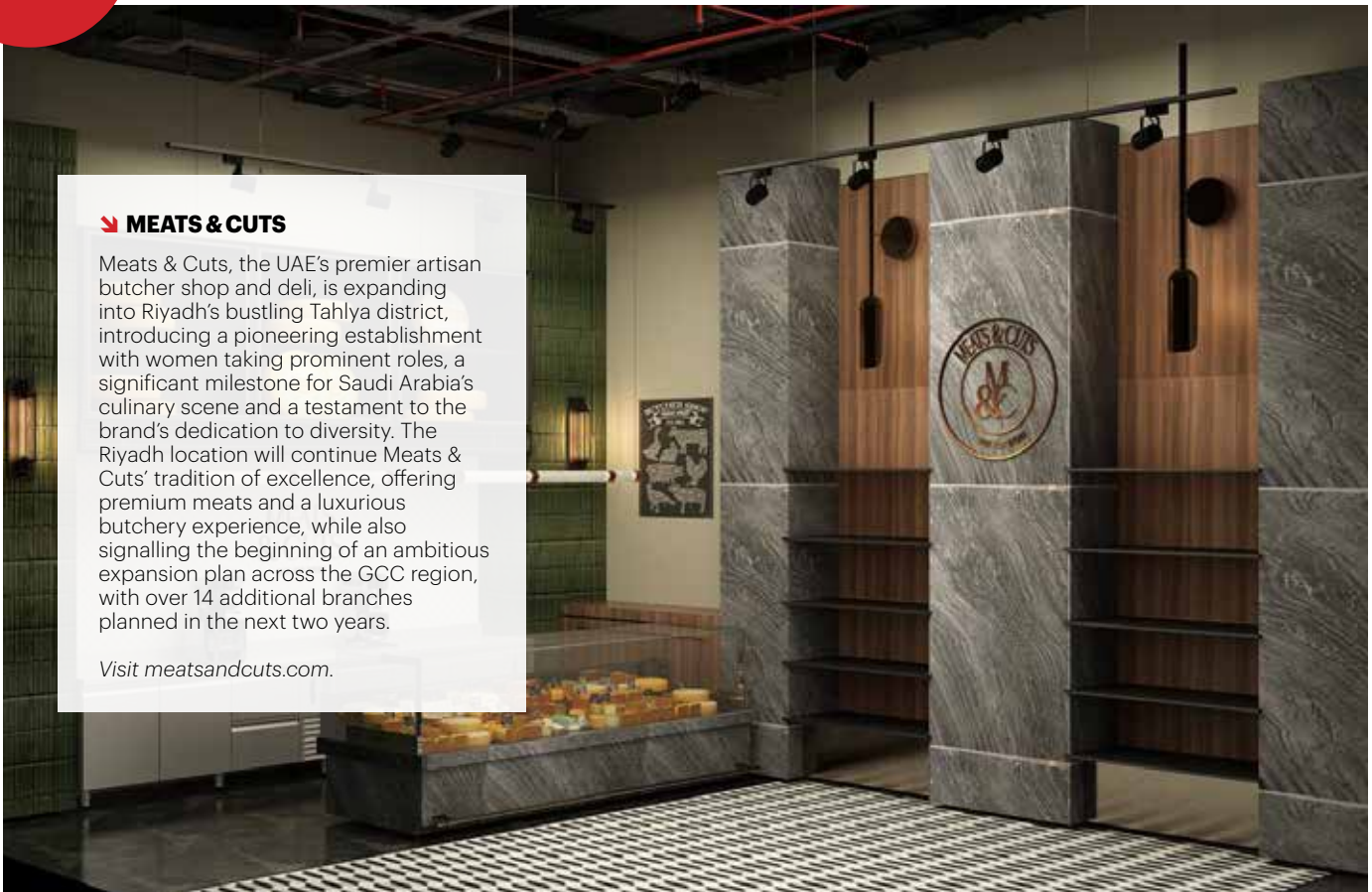
Daily, from 10am-11pm. Visit Instagram (@pierreherme.fsriyadh).

GCC

➤ MEATS & CUTS

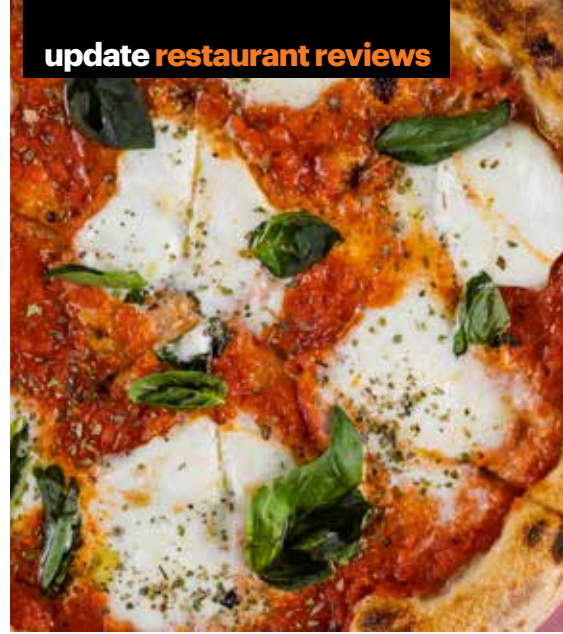
Meats & Cuts, the UAE’s premier artisan butcher shop and deli, is expanding into Riyadh’s bustling Tahlya district, introducing a pioneering establishment with women taking prominent roles, a significant milestone for Saudi Arabia’s culinary scene and a testament to the brand’s dedication to diversity. The Riyadh location will continue Meats & Cuts’ tradition of excellence, offering premium meats and a luxurious butchery experience, while also signalling the beginning of an ambitious expansion plan across the GCC region, with over 14 additional branches planned in the next two years.

Visit meatsandcuts.com.



Tried & tasted

Our top dining experiences this month



TORNO SUBITO

Entering the “Sabato in Riviera” brunch at Torno Subito was akin to stepping back into the vibrant 1960s era in Italy, teeming with technicolour glamour. The restaurant effortlessly transports guests to the captivating Italian Riviera, boasting a lively open kitchen and charming décor featuring vivid green chairs and inviting Hollywood lighting. The serene outdoor terrace further showcases sweeping beach views and an irresistible invitation to relish culinary delights amidst an idyllic backdrop.

With anticipation buzzing in the air, Chef Massimo Bottura orchestrates a gastronomic journey inspired by his childhood vacations along the Italian Riviera, offering a contemporary twist on classic Italian flavours throughout the weekend brunch experience.

The highlights

Our journey through Torno Subito’s

“Sabato in Riviera” brunch began with an exploration of its curated house beverages. An array of options awaits, ranging from the rich red and white grape varieties to the invigorating hops, soft beverages, and freshly squeezed juices. Additionally, a selection of soothing teas and fragrant coffees are also available.

The antipasti spread boasted a sensory feast with Italian cold cuts and cheese, complemented by golden, crispy Calamari fritti, while the refreshing Caprese salad provided a contrast to the richer dishes that followed. The pizzas offered a delightful variety: from the traditional crispy Italian Margherita to the playful Pizza frita, featuring a golden crust filled with mozzarella, tomato, and salami. The delicate Polpetta, bathed in fragrant tomato sauce, provided a comforting respite, particularly apt for the cooler months.

Transitioning to primi piatti, the Gnocchi ai gamberi stood out with its perfectly

cooked gnocchi immersed in a delicate broth abundant with succulent prawns, while the satisfying Pollo alla romana rested atop a bed of mashed potato and spinach.

The brunch reached its zenith in the Dolci section, highlighted by the signature Tiramisubito! featuring a delicate mascarpone cream, bold espresso, and chocolate crumble, topped with an artful chocolate crust. Accompanying this spectacle were luscious chocolate and berry gelatos, paired with traditional cannoli boasting crisp shells and velvety ricotta filling, while the addition of seasonal fruits including dragon fruit, mango, and strawberry imparted a refreshing and wholesome balance to the sumptuous desserts.

Book now

Saturday, from 1-4pm. From AED325 per person. Contact +9714 245 5800 or visit tornosubitodubai.com.

AL NAFOORAH

Step into Al Nafoorah, and be transported to a world where Lebanese hospitality meets contemporary chic. Intricate artistic embellishments gracefully adorn the walls, coupled with conventional motifs, while a majestic olive tree stands at the centre of the space, serving as a silent tribute to the restaurant's profound connection to its cultural heritage.

Opt for the plush seating indoors or bask in the breathtaking views of Burj Al Arab and the hotel's lush gardens from the expansive terrace. Whichever you choose, prepare to be enveloped in a vibrant and laid-back atmosphere.

The highlights

The Iftar commences with a sprawling display of dishes as guests are treated to a hot lentil soup complemented by toasted Arabic bread and a variety of cold mezze, each bursting with freshness and vibrancy. The tangy Fattoush featured cucumber, tomatoes, herbs, and a pomegranate dressing, while the Tabbouleh offered finely chopped parsley, mint, and bulgur wheat. Alongside, the Lubia bil zeit provided a flavourful touch with tender green beans in a luscious tomato sauce. We indulged in a creamy Hummus and smoky Moutabel, while the Jergier & beetroot salad added a colourful burst of sweet and savoury flavours, completing the mezze selection with seasonal flair.

The culinary journey continues with hot mezze adorning the table, showcasing finesse. Batata harra provided a crunchy delight with garlic and coriander seasoned fried potatoes, while Moajanat moshakala was a stunning assortment of cheese rakakat, meat sambousek, spinach fatayer, and fried kibbeh in bite-sized portions.

Seafood enthusiasts can relish the Shrimps provençal, where shrimp are bathed in a light sauce of lemon, coriander, and garlic. As the main course arrives, the air fills with the aroma of Mixed grill featuring succulent diced lamb,



kofta kebab, and tender shish taouk. Completing the savoury journey is the aromatic Lamb ouzi, featuring oriental rice infused with nuts, providing a satisfying conclusion to the culinary symphony.

To conclude, a selection of traditional Ramadan sweets including the Pistachio baklava graces the table. Each bite is a

delightful exploration of textures and flavours, leaving a lingering sweetness and perfect ending to the night.

Book now

AED295 per person and AED150 for kids between 4-12 years old.
Contact 800 323232 or visit
jumeirah.com/en/dine/dubai/al-qasr-al-nafoorah.

SOFITEL DUBAI DOWNTOWN

Experience the revitalised Les Elements Brunch, enhanced by the breathtaking scenery of the Burj Khalifa at the poolside setting of Sofitel Dubai Downtown. Perched on the fifth floor, this weekend affair presents an enticing selection of culinary offerings within a welcoming family-friendly atmosphere, complete with laid-back seating and opportunities for alfresco dining, inviting diners to enjoy the breeze and take in the verdant surroundings and sweeping cityscape views.

The highlights

Sofitel Dubai Downtown's brunch buffet offers a concise yet comprehensive selection, catering to diverse preferences.

From classics to hearty winter warmers, there's something to satisfy every palate.

We began our escapade with a selection of refreshing cold appetisers. The seafood station impressed with its offerings of oysters and succulent shrimp, both bursting with freshness. Next, we explored the vibrant salad station, indulging in the classic Tabbouleh and other Arabic specialties including Hummus and Moutabal.

Moving on to the main course, the richly spiced Arabic mixed grill, featuring juicy kafta and flavourful shish taouk, was a true highlight. The marinated beef short ribs, accompanied by roasted potatoes and seasonal vegetables, presented a hearty option.

Beyond these standout dishes, the buffet boasts an impressive variety. Diners can choose from fiery Chicken 65, delectable cheese rolls, aromatic Rogan Josh, vegetable noodles, and sushi. In addition, a diverse array of baked breads complements both appetisers and main courses, enhancing the overall dining experience.

Finally, the dessert selection offers a variety of tempting options. We particularly enjoyed the creamy crème brûlée, the exotic coconut basbousa, and the decadent orange chocolate mousse. However, the extensive dessert spread ensures diners find their own perfect sweet ending.

Book now

Every Saturday, from 1pm. AED129 per person including soft beverages, AED229 per person including 5 house beverages, and AED69 for children aged 7-12 years old. Contact +9714 503 6115 or visit [sofitel-dubai-downtown.com/offers/les-elements-poolside-brunch](https://www.sofitel-dubai-downtown.com/offers/les-elements-poolside-brunch).



MOONRISE

Growing up in the UAE, I've always found it challenging to articulate the essence of Dubai cuisine. While Dubai lacks a quintessential dish that enjoys global recognition, those who grew up in the city often cherish nostalgic bonds with certain foods and dining experiences, serving as a reflection of its rich culinary diversity.

Enter chef Solemann Haddad, who encapsulates the soul of Dubai's culinary landscape through his degustation menu served Omakase-style. Arriving for the early seating at 6:30pm, we were awe-struck by the skyline views from the rooftop vantage point. Within the glass-walled confines of the U-shaped chef's table restaurant, adorned with emerald hues, we embarked on a sensory journey, observing the kitchen team as they orchestrated each dish with precision. Welcoming us with a refreshing concoction, my dining partner and I chose to continue with the grape pairing menu, beautifully executed by the restaurant manager, Farhan.

The highlights

Chef Solemann guides us through each dish, accompanied by charming story cards with stunning artwork. Commencing the menu with a bang, the Explosion 2020 stars a Pani puri – a dish that many of us born and raised in the UAE grew up with. To be eaten in one bite, the foie gras ganache fills the palate, imminently followed by the sweetness of date syrup and white chocolate, complemented by the earthiness of the Umbrian truffle. The pineapple & saffron chutney sets in, fused with pungency from the Szechuan pepper. Spotlighting



Words by Nicola Monteath



locally sourced tomatoes and microgreens in the succeeding dish, I was surprised to learn the produce wasn't hydroponically grown. Roots is a representation of harvest from UAE's farms. Acidity is at the core of this vibrant bowl of local cherry tomatoes, placed on a bed of house-made labneh infused with local zaatar. Topped with nori and zaatar furikake, it resembles the gritty texture of soil. A slice of gourmet Grilled cheese is up next, a decadent couple of bites comprising Hokkaido milk bread from a local Japanese bakery, a 30-month aged Parmigiano Reggiano and black pepper emulsion, and carpaccio of a single clove of Thai black garlic to offset the richness while elevating the dish. This dish ranked among the top five bites of the entire meal. The Syrian Sumac follows, delighting with the Middle Eastern spice mixed with shoyu. The tangy sauce is brightened with Amalfi lemons, pairing flawlessly with the lightly cured, fatty hamachi. Garnished with hazelnuts, the textures weave together sublimely. The Moonrise Khubz ties together the various types of bread available across

Dubai. We'll spare you the ingredient details so that it's a surprise for your visit, but imagine a warm, fluffy Khubz served with a moreish miso date butter. Save some of this Khubz to scoop up gravies and sauces in the dishes to follow.

The Alfredo Pasta (pictured above) is an ode to one of chef Solemann's favourite childhood dishes from a food court in Dubai. Another standout moment of this meal, the refined version is recreated with layers of ravioli with lobster and jalapeno, sat in an umami-rich Alfredo sauce. The seafood course that follows highlights a zingy Sarookh sauce; a blend of ponzu and organic butter that coats a silky Hokkaido scallop, finished with Russian Oscietra caviar. Having never experienced a beurre blanc with Khubz, I soaked half of the chewy, doughy goodness, adding a smidge of caviar for that umami boost. The Khoory kebab up next, is an upscale rendition of the Loomi (Emirati black lime) tikka from the chef's favourite local spot, Khoory Special Kebab in Mamzar. Inspired by the flavours and techniques, the version here features a

melt-in-your-mouth A5 Sirloin with a punchy purée, best eaten scooped with the edible flower arrangement.

A refreshing, creamy Orange & Sumac palate cleanser paves the way for the next course. Handed the dessert card, we were intrigued to notice it pays homage to one of our favourite types of restaurants for takeaway. Cafeteria Culture is undoubtedly at the beating heart of the local food scene, and the Abood Juice cheesecake did it justice. Influenced by the flavours of the Abood Juice, at the base of the cheesecake sits a brown butter crumble, layered with a white chocolate and vanilla cheesecake, with Sidr honey from a neighbouring emirate, and a tuille from Alphonso mangoes. An exquisite creation!

The Starry Night finale with a cup of Genmaicha perfectly rounds off our Moonrise experience, one my dining partner and I will remember until our next visit.

Book now

AED850 per person. Contact

+971506972946 or visit moon-rise.xyz.

Learn something **new**

Make pancakes like a pro, plus a tandoori take on roast chicken

Test kitchen secrets

Helena Busiakiewicz from our cookery team explains how to master pancakes

There are a few key things when it comes to perfecting pancakes. For the fluffiest American pancakes, you want to use a raising agent such as baking powder to help get that lovely rise. A pro tip is to whisk the egg whites to medium peaks, then gently fold them through the batter to take your pancakes to new heights – but they'll still be delicious using the all-in-one method, too.

Mix the batter gently and don't overmix. Flour contains gluten, which is strengthened through movement, creating a chewy texture. That is ideal for dumplings or bread, but not for fluffy pancakes. If you can, it's useful to leave the batter to rest for 10-15 mins before cooking. This helps the starches absorb liquid, creating a tender texture.

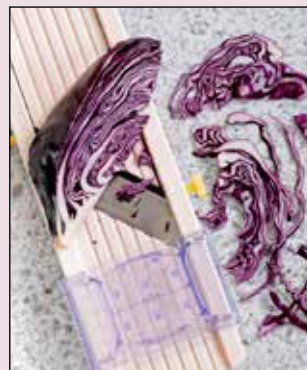
When it comes to cooking, use a heavy-bottomed non-stick pan to

evenly distribute heat and make it easier to flip the pancakes. Keep to a medium heat to encourage even browning and rising. This will help ensure the fluffiest texture for soaking up plenty of maple syrup.



Do you really need... *a mandoline?*

Unless you possess razor-sharp knives and the skills of a master chef, then you'll never slice a bulk of vegetables as thinly and uniformly as this handy piece of kit. (A food processor with a slicing attachment will do the same job.) If you enjoy potato gratins, it makes light work of a pile of potatoes, but be careful, always use a guard and store it in its box as the blade is exposed. Of course, if precision in presenting food isn't high on your list of priorities, then most things can be sliced or shredded by hand.



#socialskills

Our tip of the month from the online world

Soy-marinated eggs

Take soft-boiled eggs to the next level for a rice or noodle dish by first marinating them in soy. This gives them lots of umami flavour and a deep colour. Mix **300ml soy sauce** with **1 tbsp caster sugar** and 75ml water. Stir well until the sugar has dissolved. Add **soft-boiled eggs** and leave

for at least 2 hours. You may need to put a small plate on top of the eggs to keep them submerged. Lift out of the marinade and halve to serve. See this method in action at [@silvana.franco.food](https://www.instagram.com/silvana.franco.food) on Instagram and TikTok, where Silvana also adds sesame seeds to the mix.

COOKING EQUATIONS

pancakes

Our recipe formula is as easy as one, two, three



Fail-safe pancakes

Learning the formula to basic recipes makes them much easier to remember and for a simple pancake, you only need to think: **1, 2, 3**. That's **100g plain flour** whisked with **2 eggs** until there are no lumps remaining, then gradually whisk in **300ml milk** until smooth. This way you will have consistently good pancakes (12 of them) every time. The recipe is easily doubled, in which case just think: **2,4,6**.



How to roast chicken like Maunika Gowardhan

The Indian food writer and author talks us through her version of this Sunday lunch



For a special whole roast chicken, I make a saffron-infused recipe called zafrani murgh. Saffron has long-exerted its influences across regions of India. It's a staple ingredient not just in curries and biryanis, but also in tandoori cooking – a great way to roast chicken. I make a yogurt and almond marinade spiced with chilli powder, cardamom, cinnamon, garlic and ginger, which I put between the skin and flesh, then leave to infuse and tenderise the meat. The chicken is basted as it cooks with saffron-flavoured ghee or butter,

which lends it even more flavour and gives it a wonderful golden colour. Traditionally the skin on a whole chicken is removed in tandoori cooking but I like to keep it on to give the chicken some fat and to hold the marinade in place. My recipe is based on a dish that's cooked in a hot clay oven (tandoor), but I cook mine on a rack over a foil-lined roasting tray at 200C/180C fan/gas 6 for 45 mins breast-side up, then for 50 minutes breast-side down, basting it with that saffron butter throughout. **Follow Maunika on Instagram @cookinacurry. Her book, *Tandoori Home Cooking*, is out now.**

Sustainable Gastronomy

Executive Chef Deivid Paiva brings 17 years of culinary expertise from around the world to his role at W Abu Dhabi – Yas Island, infusing each dish with his dynamic energy and a deep-rooted passion for cooking cultivated during his upbringing in Portugal



Chef Deivid's culinary journey, spanning from his early days in local eateries to his time at Michelin-starred venues like Chapter One in Ireland, showcases a steadfast commitment to excellence, as he seamlessly merges traditional and contemporary techniques to create acclaimed menus bursting with vibrant flavours and inventive dishes.

Now at W Abu Dhabi – Yas Island, Chef Deivid aims to redefine culinary experiences, infusing each outlet with his unique twist while spearheading initiatives to elevate sustainability practices and create unforgettable dining moments for guests.

What is your culinary philosophy?

Looking back at my culinary journey from Commis to the esteemed role of Executive Chef at W Abu Dhabi- Yas Island, two guiding quotes resonate deeply with me. The first, "When you respect every vegetable and every piece of meat that enters your kitchen, even as underrated as a carrot, only then can you call yourself a true cook," encapsulates



my culinary ethos. In my kitchen, I prioritise ingredient and product-driven cuisine, valuing the quality of every component and maximising its potential in each dish. This reverence extends to the hard work of farmers, fishermen,

and livestock growers, whose dedication ensures peak quality with every delivery. As a chef, honouring their efforts by minimising waste is paramount.

The second quote, "You are only as good as the last plate you sent to the dining room," has been my steadfast mantra throughout my career ascent. From my humble beginnings in renowned establishments to my current leadership role, this ethos of continuous improvement has shaped my approach. I believe it's not just about achieving perfection but also about striving for it relentlessly. This mindset is pivotal in fostering a culture of excellence within my team, as we navigate the demanding landscape of culinary arts. Every plate leaving our kitchen must embody our commitment to quality and innovation, ensuring a memorable experience for every guest and leaving them always craving for more.

Can you share specific ways in which your strategies to reduce kitchen waste contribute to sustainability efforts and enhance the overall dining experience for guests?

In January 2023, I hosted "Looped In," featuring a zero-waste six-course menu, aimed at promoting responsible cooking practices and sustainable actions that can close the loop in the kitchen. This innovative culinary event not only showcased regional ingredients but also educated guests on simple eco-friendly tips for their everyday meal preparations, inspiring them to adopt more sustainable habits. Through initiatives like minimising kitchen waste and maximising efficiency, we prioritise sustainability at the core of our culinary philosophy, reflecting the growing emphasis on eco-conscious practices in the journey.

Our commitment to sustainability extends beyond the kitchen, encompassing eco-friendly sourcing, waste reduction, and energy-efficient practices throughout our operations. Notably, projects like crafting sustainable amenities for our 499 rooms from recycled materials, or including zero-waste-themed coffee breaks for our meetings, demonstrate our dedication to responsible resource management. These endeavours not only bolster our environmental efforts but also elevate the overall dining experience for guests who increasingly value environmentally conscious practices, showcasing our commitment to responsible stewardship of resources.

How do you ensure that menu concepts not only align with brand identity but also cater to the varied palates?

W Hotels as a brand is actually going through an evolution, and refreshing their Food and Beverage concepts and philosophies to be more aligned with the current needs of customers around the world. The brand not only understands the importance of sustainability and the role that it plays in the life and choices of today's guests but also values the importance of authenticity, transparency and innovation in everything that is done in the kitchen. Our Connectors want to be in the know and look for more green and sustainable options, most of all when it comes to Food. This awareness that the brand shows through incredible initiatives and great B&F concepts, is a testament to all the support properties get to experiment with sustainable activations such as Looped in and go beyond the expected, putting the "Food" back into B&F.

To be in line with the brand, and, at the same time cater to a new type of conscious guest and their palate, our culinary team takes at heart implementing always new menu concepts, increasing the vegan and



vegetarian options in our outlets, and refreshing menus seasonally. This ensures that our offerings remain dynamic and in tune with the changing seasons, incorporating fresh ingredients and flavours to elevate the dining experience with creativity and vibrancy.

Additionally, we stay attuned to food and beverage trends by researching continuously researching new products and techniques, and staying updated on the latest culinary updates. In every dish we try to always implement one of three things: either we bring out the best of one special ingredient in its most simple form, to showcase its quality and natural flavour; or we focus on innovative cooking techniques that are not very common to bring out extraordinary tastes; or we give a twist on traditional dishes to meet the evolving tastes of our guests. This commitment to both seasonal adaptation and culinary innovation underscores the sophisticated and forward-thinking luxury that W Hotels are all about.

By blending seasonal relevance with guest satisfaction and culinary excellence, our approach embodies the essence of W Hotels, offering guests a truly memorable and contemporary dining experience that reflects the brand's commitment to sophistication and style.

What measures do you take to source high-quality ingredients that elevate the dining experience for diners?

I am deeply committed to sourcing only the finest ingredients to elevate our guests' dining experiences. Every time I explore new places, I discover unique dishes and products that I'm eager to incorporate into our offerings at W Abu Dhabi – Yas Island. Our philosophy prioritises the sourcing of local produce and vegetables, ensuring unparalleled freshness while also contributing to sustainable practices. Together with our purchasing department, we are always on the lookout for local

suppliers and fresh ingredients and are fully committed to keeping their quality intact. And, as I always tell my team, I believe that the mark of a truly exceptional chef lies in their ability to transform these selected products into culinary masterpieces that captivate the palate and leave a lasting impression, leaving nothing to waste.

At the heart of our sourcing practices is a commitment to value. We strive to acquire items that are not only worth the price but also maintain an unwavering focus on quality. This ensures that every dish we present to our guests reflects the perfect balance of excellence and value.

Can you share insights into your creative process?

My creative process revolves around constant research for innovative menu ideas. I'm always on the lookout for new culinary trends, ingredients, and techniques that can inspire fresh and exciting dishes. What really motivates me is encouraging my team to constantly explore fresh opportunities and ideas on a daily basis, because they are the ones that always end up surprising me the most with their creativity and out-of-the-box ideas. We strive to challenge conventional boundaries and aim to create something unique and memorable with each dish we craft. For me, creativity sparks from the occasion, I look at the guests I expect to have, and the event that they have planned, and try to imagine what would make their experience memorable. This is how most of the time I have come up with my best dishes: thinking of the tastemakers first and trying to give them what they didn't know they needed.

Is there a signature dish or menu concept you've developed at W Abu Dhabi – Yas Island that you're particularly proud of, and why?

I think that one standout is definitely our "B.I.G Brunch In Garage:" testimony of a collaborative effort between my senior chefs and myself. Together, we crafted a dynamic menu that evolves with the seasons, ensuring that guests experience the freshest and most innovative dishes. This brunch experience is not only a celebration of culinary creativity but also testimony to our commitment to elevate the concept of Brunch, and how is seen now in the region, making it a buffet that is five-star luxury hotel worth. B.I.G. has also received multiple awards for being the best brunch in the region, further solidifying its reputation for excellence.

Another highlight is our revamped "Coffee Break" menu, which received a significant overhaul after careful consideration. Not only have we introduced new offerings to cater to the changing tastes and preferences of clients, but also, we have introduced our "Looped In" inspired menu, promoting sustainability through a zero-waste array of delicacies that feature regional ingredients, repurpose food trims into delicious surprises, and leave nothing to waste.

How do you envision the culinary experience evolving at W Abu Dhabi – Yas Island?

As Executive Chef at W Abu Dhabi – Yas Island, my vision for the culinary experience is to position our hotel as the ultimate luxury destination for a culinary experience that ignites curiosity of our guests and expands their horizons when it comes to food. I aspire for guests to eagerly anticipate dining at W Abu Dhabi, and choosing Garage, Amici and Angar, for the unexpected tastes and bold creations; recognising it as the go-to place for a remarkable culinary journey.

With accolades such as the *BBC Good Food Middle East Magazine Awards 2022*, recognising Garage for the Casual Brunch category, I think we are already on the right track, but there is still so much coming our way, and we are ready to deliver. Moving forward, I am dedicated to further improving the quality of our food offerings, ensuring that every dish exceeds expectations and leaves a lasting impression on our guests. Together with my team, we will continue to push boundaries, set trends, and deliver unparalleled dining experiences that delight our guests and elevate W Abu Dhabi – Yas Island to new heights in the culinary world.



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your brand with
BBC Good Food
Middle East**

Reels

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How to use up everything Spice special

Pack maximum flavour into meals with spices using our handy tips and tricks

recipes AILSA BURT *photographs* GARETH MORGANS

Whole vs ground

Whole spices are ideal if you're slow-cooking and want to infuse flavour over time. They can also add texture to a dish or act as a final garnish – things like tarka dhal and shakshuka benefit from a scattering of toasted whole spices. Ground spices can catch easily, so be careful not to fry them for too long. But, they do infuse flavour more quickly into dishes.

Storage

You should always store spices in airtight containers

in a cool, dry place, away from direct sunlight as this can bleach them and affect flavour. They can also be frozen in small containers if you have too much.

Potency

A spice's intensity lessens over time – the flavour usually starts to degrade after about six months. While they'll still be okay to use, you may need to add more to achieve the same flavour. Before using, smell the spices – if there's no aroma, they won't impart much flavour.

Single origin

Most commercially produced spices go through a global supply chain, with spices from all over the world combined into one jar. This can result in a degraded intensity, as this process takes time, plus different grades of spices are often mixed together. Single-origin spices, on the other hand, come from one area, and usually, one supplier. This results in a strong, intensely flavoured spice. These are worth seeking out for the spices you use most often.

Spice rack essentials

1 Cumin is one of the Good Food team's favourite spices, whether it's whole seeds or ground. It's so versatile, and provides earthiness and warmth in dishes made around the world.

2 Coriander (seeds or ground) is aromatic and citrusy, with a hint of sweetness. It pairs well with egg mayonnaise, pickles and brines. Fry the seeds in a dry frying pan until fragrant and starting to pop, then scatter over a curry before serving.

3 Cinnamon sticks and ground cinnamon alike can be used in both sweet and savoury dishes. They provide warmth and subtle sweetness – also great for sprinkling over lattes.

4 Bay leaves lend a subtle background note to slow-cooked dishes, creating depth of flavour. Try them in stews – you'll soon be able to notice when they're not present.

5 Dried oregano can be sprinkled over finished dishes or mixed into recipes. It works very well in breads, salad dressings and marinades, as well as soups and with slow-cooked meats.

6 Chilli powder is great addition to savoury flavour boosters, from Tex-Mex spice rubs to curry pastes. It imparts heat and varies in spice level from mild to hot.

7 Garlic granules have a milder flavour than fresh garlic, and can be used in place of it. It's a good way to add garlic flavour in a more gentle way.

8 For a spice that will impart maximum flavour in a short amount of time, garam masala is your best bet. Try swirling into some yogurt with a bit of mango chutney for a dipping sauce for samosas and bhajis.

9 Chilli flakes can be used as a garnish or seasoning – you can gradually build up how much you use to add some heat to dishes. It pairs quite well with chocolate, too – add a pinch to dark chocolate cake the next time you make it.

10 Ground ginger is usually used in baking, as its sweet heat and peppery kick provides a nice contrast to sugar.

How to use them up

● Fry crushed coriander and cumin seeds with sliced garlic in a drizzle of oil until fragrant and browned, then pour this over baked eggs, flatbreads or curries.

● Ground ginger and chilli flakes can be used in place of fresh ginger and chillies if you don't have any on hand.

● Cinnamon sticks can be used to infuse syrups and hot drinks, as well as curries, rice and slow-cooked meats.

● Bay leaves also work well in sweet dishes – try infusing them into a custard.

● Add a pinch of garlic granules to enhance the savoury flavour of dishes.



Chicken & ginger fried rice

Fragrant and comforting, this one-pot chicken and rice makes a relaxed weekend supper.

SERVES 4 **PREP** 25 mins plus
marinating and resting

COOK 30 mins **EASY**

500g boneless, skinless chicken
thighs, cut into bite-size pieces
2 tbsp golden caster sugar
3 tbsp soy sauce
½ tbsp fish sauce
3 tbsp non-alcoholic sake
30g ginger, peeled and
finely chopped
300g basmati rice
1 tbsp neutral-tasting oil, such
as vegetable
1 chicken stock cube
2 star anise
2 tsp sesame oil

To serve

1 tbsp sesame seeds
4 spring onions, finely sliced
1 tbsp crispy chilli oil
2 tbsp crispy onions
steamed broccoli (optional)

1 Put the chicken pieces into a bowl with the sugar, soy sauce, fish sauce, non-alcoholic sake and half the ginger. Cover and chill for at least 30 mins, or up to 4 hrs.

2 Tip the rice into a sieve and rinse thoroughly, mixing it around until the water runs clear. Set aside. Heat the oil in a tall-sided saucepan or flameproof casserole dish over a medium-high heat and cook the chicken along with the marinade for 10 mins, stirring often until browned all over. Remove to a bowl using a slotted spoon and set aside. Stir the rice into the pan and crumble in the stock cube, then tip in the remaining ginger, the star anise, sesame oil, ¼ tsp salt and 600ml cold water. Bring to the boil, then return the chicken and any resting juices to the pan. Reduce the heat to low, cover and cook for 15 mins. Remove from the heat and leave to rest, covered, for 10-15 mins.

3 Divide the chicken and rice between four plates. Top with the sesame seeds, spring onions, chilli oil and crispy onions, if you like, and serve with a side of steamed broccoli.

PER SERVING 535 kcal • fat 14g • saturates 3g •
carbs 67g • sugars 12g • fibre 1g • protein 31g • salt 3.2g



Turmeric granola

Here, the turmeric provides a slight earthiness to this sweet, crunchy granola, and gives it the signature vibrant yellow colour.

MAKES about 750g **PREP** 10 mins
COOK 1 hr 5 mins **EASY** 

200g rolled oats
100g bran flakes
75g flaked almonds
100g mixed seeds
130g raisin & nut mix
1½ tsp ground turmeric
½ tsp ground ginger
100ml coconut oil
125ml maple syrup
1 egg white

1 Heat the oven to 140C/120C fan/gas 1 and line a large baking sheet

with baking parchment. Combine the oats, bran flakes, almonds, mixed seeds, raisin & nut mix, turmeric and ginger in a large heatproof bowl using your hands.

2 Melt the coconut oil in a small pan over a low heat, then remove from the heat and stir in the maple syrup. Pour this over the granola and stir to combine. Whisk the egg white until foamy and slightly thickened, then pour this over the granola and stir again to combine.

3 Tip the granola onto the tray and press down gently using a spatula. Bake for 1 hr, turning the tray around halfway through. Leave to cool completely on the tray. *Will keep in an airtight container for up to two weeks.*

PER SERVING 202 kcals • fat 12g • saturates 5g • carbs 18g • sugars 8g • fibre 2g • protein 4g • salt 0.1g

gf tips

- You can omit the flaked almonds or use any other finely chopped nuts you have. Pecans, hazelnuts or walnuts would all work well.
- Keep maple syrup in the fridge to prolong its life.
- Coconut oil is great in stir-fries and bakes, lending a subtle coconut flavour.
- If you don't have bran flakes, use any malted or plain, crunchy cereal. Cornflakes work well, too.
- If you don't want to add cereal, you could also increase the amount of oats by 100g.



Fridge-raid dinners

Rustle up these easy suppers using leftover ingredients from your pantry and fridge – they're all easily adaptable and can be swapped out for whatever you have to hand

Charred cauliflower pasta with pumpkin seed pesto

SERVES 2 **PREP** 20 mins

COOK 40 mins **EASY V**

Heat the oven to 220C/200C fan/gas 7. Toss **400g cauliflower florets** with **2 tbsp olive oil** on a baking tray. Season. Roast on the top shelf of the oven for 25 mins until the florets are slightly charred. Meanwhile, cook **180g pasta** following pack instructions. Drain, reserving a mug of cooking water. Fry **1 chopped onion** in 2 tbsp olive oil over a medium heat for 5 mins. Stir in **2 crushed garlic cloves** and a **pinch of chilli flakes**, and cook for 1 min

more until fragrant. Blitz **75g pumpkin seeds**, **35g hard cheese** (such as pecorino, parmesan or a vegetarian alternative), 1 small garlic clove, crushed, a **small bunch of roughly chopped soft herbs** (such as parsley or basil) and 75ml olive oil in a mini food processor until finely chopped. Season. Tip the cauli, pasta, pesto and a splash of the reserved water into the pan with the onion, stir, season and add a **splash of lemon juice**. Sprinkle over a pinch of lemon zest to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 1,193 kcs • fat 80g • saturates 14g • carbs 78g • sugars 11g • fibre 14g • protein 33g • salt 0.4g



White chicken chilli

SERVES 4 **PREP** 15 mins

COOK 4-5 hrs **EASY**

Tip a **300g jar tomatillo salsa**, **2 tbsp chopped pickled jalapeños**, **4 crushed garlic cloves**, **1 tsp dried oregano**, **2 tsp ground coriander**, **2 tsp ground cumin**, the **finely chopped stems from a handful of coriander**, **4 sliced spring onions**, **400g can white beans**, drained, **2 roughly chopped green peppers**, **zest of 1/2 lime**, **200ml hot chicken stock** and **4 chicken breasts** into a slow cooker. Season and mix well,

making sure the chicken is submerged. Turn the slow cooker to high and cook for 4-5 hrs. Remove the chicken to a board and shred using two forks. Roughly mash half the bean mixture using a potato masher, leaving the rest chunky. Return the chicken to the slow cooker. Season. Or, make this in a pressure cooker on high pressure for 20 mins. Top with **chopped coriander leaves**, **soured cream** and **grated cheddar**, and serve with **rice**, **lime wedges** and **tortilla chips**.

GOOD TO KNOW fibre • vit c • 3 of 5-a-day

PER SERVING 360 kcs • fat 12g • saturates 3g • carbs 17g • sugars 7g • fibre 7g • protein 42g • salt 2g



Peanut & herb noodle salad

SERVES 2 **PREP** 20 mins

COOK 10 mins **EASY V**

Cook **2 nests of rice vermicelli noodles** following pack instructions. Drain and rinse under cold running water to cool slightly. Combine a **small bunch of finely chopped mint leaves**, a **small bunch of finely chopped coriander**, a **small bunch of finely chopped basil leaves**, the **zest and juice of 2 limes**, **1 tbsp**

sweet chilli sauce or jam, **1 tbsp neutral-tasting oil** and **1 tbsp soy sauce** in a bowl. Toss in the noodles, **1 cucumber**, cut into 2cm chunks, **1 carrot**, peeled into ribbons and **100g edamame beans**. Top with **50g bashed salted peanuts**, **sesame seeds**, **chilli sauce** and **sliced spring onions** to serve.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 504 kcs • fat 23g • saturates 3g • carbs 48g • sugars 9g • fibre 10g • protein 20g • salt 1.6g



Wellness

makes all the difference

This Winter, let the rhythm of the tide guide you to Wellness

Tucked on the pristine shores of Palm Jumeirah, unwind, restore & rediscover yourself with our 24 hour Retreats, Ayurveda treatments, massages & more at The Retreat Palm Dubai MGallery by Sofitel.


دار تريت نخلة دبي
THE RETREAT
PALM DUBAI


GALLERY
BY
SOFITEL

easy

Delicious, simple, and
easy-to-make recipes



quick & clever
toast p34



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swaps p38



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meal plan for 2 p28



cook smart
comfort food p40

midweek meals

COOK
SMART

meal plan for 2

Waste less and take the stress out of getting dinner on the table with recipes designed for a cosy evening in

recipes HELENA BUSIAKIEWICZ *photographs* ELLA MILLER



Spicy
tortilla soup



**Caramelised red onion
& anchovy pasta with
gremolata**

Spicy tortilla soup

Inspired by a Tex-Mex classic, this is warming and spicy. Add some natural yogurt or soured cream for a cooling topping.

SERVES 2 PREP 10 mins

COOK 40 mins EASY

2 tbsp vegetable oil
1 red onion, finely chopped
3 garlic cloves, finely chopped
1 tsp cumin
pinch of chilli powder
1½ tbsp chipotle paste
700ml low-salt chicken stock
3 chicken thighs (from a 640g pack, save the rest for the pulled chicken on p33 – freeze the chicken if you're not using it within 24 hours)
2 tortilla wraps, cut into triangles
390g can pinto beans, drained
195g can sweetcorn, drained
1 lime, ½ zested and juiced
3 tbsp low-fat natural yogurt or soured cream, to serve

15g coriander, roughly chopped, or leaves picked

1 red chilli, sliced (optional)

1 Heat 1 tbsp of the oil in a large, lidded saucepan over a medium heat. Add the red onion and a pinch of salt and cook for 8-10 mins until softened. Add the garlic, cumin, chilli powder and chipotle paste and cook for 2-3 mins until fragrant.

2 Pour in the stock and scrape up any caramelised bits from the bottom of the pan. Bring to the boil, then add the chicken thighs and simmer for 20-25 mins with the lid on until cooked through.

3 While the chicken cooks, heat the oven or air-fryer to 200C/190C fan/gas 6. Drizzle the remaining 1 tbsp oil over the tortilla triangles. Spread out on a lined baking tray or the air-fryer basket in a single layer (you may need to do this in batches), season, then bake for 7-8 mins, until golden brown and crisp. Leave to

cool on the tray while you finish the soup. Reserve half of the tortilla chips for the pulled chicken bowl on page 31. *Will keep in an airtight container for three days.*

4 Once the chicken is cooked, remove from the soup using a slotted spoon and shred using two forks. Pour the pinto beans and sweetcorn into the pan and cook for 5 mins, or until warmed through. Add the chicken back to the soup, then season with salt, pepper, half the lime juice and all of the zest.

5 Divide between two bowls, spoon a little yogurt on top, then sprinkle with the coriander and sliced chilli, if using. Sprinkle over the tortilla chips and serve with the remaining halved lime cut into wedges for squeezing over. *The soup will keep chilled for three days.*

GOOD TO KNOW healthy • fibre • vit c • 2 of 5-a-day
PER SERVING 601 kcs • fat 23g • saturates 4g •
carbs 57g • sugars 13g • fibre 16g • protein 33g •
salt 1.4g

Caramelised red onion & anchovy pasta with gremolata

This luxurious dinner needs a bit of prep, but is relatively hands-off while cooking, so you can enjoy spending time together.

SERVES 2 PREP 20 mins

COOK 50 mins EASY

2 tbsp olive oil
3 red onions, thinly sliced
200g pappardelle (or any long pasta)
2 anchovy fillets in oil, drained
2 tbsp tomato purée

For the gremolata

1 lemon, zested and juiced

15g parsley, roughly chopped

2 garlic cloves, finely chopped

1 Heat the oil in a large, heavy-based frying pan over a medium heat. Fry the red onions with a large pinch of salt. Cook for 30-35 mins over a medium-low heat, stirring often, until caramelised and golden.

2 Meanwhile, make the gremolata. Mix the lemon zest, juice, parsley and garlic with a pinch of salt, then set aside. Cook the pappardelle following pack instructions, reserving 120ml pasta water.

3 Add the anchovy fillets to the onions when they have caramelised and let them dissolve. Stir in the tomato purée along with 15 twists of black pepper (around ½ tsp) and cook for 4-5 mins until the mixture has darkened.

4 Add the cooked pasta to the sauce along with the 120ml reserved pasta water. Stir well to combine, then transfer to a serving platter. Spoon over the gremolata to serve.

GOOD TO KNOW healthy • vit c • iron • 2 of 5-a-day
PER SERVING 560 kcs • fat 13g • saturates 2g •
carbs 90g • sugars 14g • fibre 10g • protein 16g •
salt 0.8g

Miso & butternut squash ramen

Mashing the butternut squash into the ramen base helps make a lovely creamy soup with a hint of sweetness. We've added purple sprouting broccoli, but you can top this with any vegetables you have in the fridge.

SERVES 2 **PREP** 15 min

COOK 30 min **EASY** **V**

200g pack of chopped butternut squash
100g purple sprouting broccoli, woody ends trimmed
3 garlic cloves, unpeeled and lightly bashed
1 tbsp vegetable oil
½ tbsp white miso
1 tbsp peanut butter
1 tsp reduced-salt soy sauce
700ml low-salt vegetable stock
150g wholemeal egg noodles
2 eggs, soft-boiled (for 7 mins)
5g coriander, roughly chopped, or leaves picked
1 red chilli, sliced

1 Heat the oven to 220C/200C fan/gas 7. Spread the butternut squash, broccoli and garlic cloves across a large baking tray lined with baking parchment, then drizzle with the vegetable oil and season well. Roast for 20-25 mins until cooked through and charring around the edges.

2 Put half of the butternut squash in a medium bowl and squeeze out the roasted garlic from the skins into the bowl. Leave the broccoli in the oven to keep warm. Mash the squash and garlic well with a fork or potato masher until a rough paste forms. Whisk in the miso, peanut butter and soy sauce until smooth.

3 Heat the stock in a large pan until boiling, then whisk in the butternut squash and miso mixture. Bring to a simmer and add the noodles. Cook for 3-4 mins until just tender.

4 Split the soup and noodles between two bowls, then top with the remaining half of the butternut squash, the broccoli, halved soft-boiled eggs, coriander and sliced chilli. Grind black pepper over the eggs, if you like.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day

PER SERVING 544 kcal • fat 19g • saturates 4g •

carbs 63g • sugars 8g • fibre 12g • protein 14g • salt 1.7g



Spinach & chilli bean pide

A pide is a Turkish flatbread with assorted toppings. Make it for dinner and save some leftovers for an easy lunch – just keep the bread and toppings separate, then assemble and grill the next day.

SERVES 2 with leftovers

PREP 20 mins **COOK** 45 mins **EASY** **V**

200g self-raising flour, plus extra for dusting

200g low-fat natural yogurt

1 tbsp vegetable oil

1 red onion, chopped

2 garlic cloves, finely sliced

1 tsp cumin seeds

400g can mixed beans in chilli sauce

80g spinach

50g feta

10g parsley, roughly chopped

green salad, to serve

1 Sieve the flour into a large bowl and whisk in a large pinch of salt. Make a well in the centre of the flour and pour in the yogurt. Stir to form a dough, then turn out onto a floured work surface and knead until smooth. Cover and leave to rest while you make the filling.

2 Heat the oil in a large frying pan over a medium heat. Add the red onion, cook for 8-10 mins until beginning to soften, then add the garlic and cumin seeds. Cook for 2 mins until fragrant, then add the beans. Cook for 5 mins to reduce the sauce, then wilt in the spinach. Remove from the heat and set aside.

3 Split the dough into four 100g balls, then roll out on a lightly floured surface into rough oval shapes around 15cm long. Fold in the edges and seal tightly to make a border for each pide.

4 Heat a large frying pan over a high heat. Cook the pides for 2-3 mins on each side until golden. Transfer to a baking tray and top with the bean mixture, then crumble over the feta.

5 Heat the grill to high. Grill for 4-5 mins, until golden, cooked through and bubbling. Sprinkle over the parsley and serve with a green salad, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • iron •

2 of 5-a-day

PER SERVING 782 kcals • fat 15g • saturates 5g •

carbs 123g • sugars 21g • fibre 13g •

protein 31g • salt 3.1g



Pulled chicken bowl

The chicken mix here would make a great filling for a burrito, or pile onto burger buns instead of rice.

SERVES 2 PREP 15 mins

COOK 35 mins EASY

1 tbsp vegetable oil
 3 chicken thighs
 1 red onion, sliced
 3 garlic cloves, crushed
 1 tsp cumin
 1 tsp ground coriander
 2 tsp smoked paprika
 2 tbsp tomato purée
 300ml passata
 50ml low-sugar barbecue sauce
 150g spinach
 1 lime, juiced
 250g cooked brown rice, to serve (optional)
 10g coriander, roughly chopped

1 Heat the vegetable oil in a large flameproof casserole dish over a medium heat. Add the chicken thighs and brown on each side, about 3-4 mins, then remove and set aside on a plate.

2 Add the red onion, scraping up the golden chicken fat on the bottom of the pan with a spatula. Cook for 5-6 mins until beginning to soften, then add the garlic, cumin, ground coriander, smoked paprika and tomato purée. Cook for 3-4 mins until the purée has darkened.

3 Pour in the passata, barbecue sauce and 150ml water, bring to the boil, then return the chicken to the dish and reduce to a simmer. Cook for 25 mins until the sauce has reduced and the chicken is tender. Remove the chicken, shred with two forks, then stir back in. Add the spinach in handfuls and stir to wilt.

4 Squeeze in the lime and season. Divide the rice between two bowls and top with the pulled chicken. Sprinkle over the coriander and serve with any leftover tortilla chips from the tortilla soup on page 30.

GOOD TO KNOW low cal • folate • fibre • vit c • iron •
 3 of 5-a-day • gluten free

PER SERVING 477 kcal • fat 16g • saturates 3g •
 carbs 49g • sugars 17g • fibre 11g • protein 29g • salt 0.6g





Quick & clever

toast

Give a humble breakfast favourite an upgrade and save bread from going stale with these creative ideas

recipes AILSA BURT

photographs HANNAH TAYLOR-EDDINGTON



Greens & chorizo
on toast





Lime pickle rarebit

*Sesame, chocolate
& banana toast*



Greens & chorizo on toast

Iron-rich kale pairs perfectly with spicy chorizo in this super-quick dish, great for brunch or even a quick weeknight dinner.

SERVES 2 PREP 10 mins

COOK 20 mins EASY

4 cooking chorizo, around 200g total
2 tbsp olive oil
2 thick slices bread (we used sourdough)
3 garlic cloves, finely sliced
2 small banana shallots, finely chopped
100g kale, hard stems removed
½ lemon, zested and juiced
½ tsp chilli flakes (optional)
75g ricotta

- 1 Split the chorizo in half lengthways and heat half the oil in a frying pan over a medium heat. Put the chorizo in, cut-side down, and cook for 4-5 mins until deeply browned, then flip and cook on the other side for a further 4-5 mins until browned. Remove to a plate and set aside in a warm spot.
- 2 Put the bread in the frying pan, letting it soak up the chorizo oil, and fry for 2 mins each side, until toasted. Transfer to a plate and drizzle the remaining olive oil into the pan. Stir in the garlic and shallots with a pinch of salt and cook over a medium heat for 5 mins, until beginning to soften. Mix in the kale, a splash each of lemon juice and water, then cover with a lid. Leave the kale to soften for 4-5 mins, then uncover and stir through the lemon zest, chilli flakes (if using) and some seasoning.
- 3 Spread the ricotta over the toasted bread and season with a pinch of pepper before topping with the kale mix and chorizo.

GOOD TO KNOW calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 690 kcs • fat 48g • saturates 16g •
carbs 28g • sugars 5g • fibre 6g • protein 34g •
salt 4g



You could also use soft cheese instead of ricotta.

Sesame, chocolate & banana toast

Tahini, sesame seeds and banana work brilliantly with the chocolate in this recipe. It's also quick to whip up for when a sweet craving hits.

SERVES 4 PREP 10 mins

COOK 15 mins EASY V

75g salted butter, softened
1½ tbsp tahini
75g caster sugar
1 tsp vanilla extract
¼ tsp ground cinnamon
4 thick slices bread (we used sourdough)
50g dark chocolate, roughly chopped
2 small bananas, sliced in half lengthways
2 tsp sesame seeds

- 1 Mash together the butter and tahini in a bowl using a fork until combined. Mix in the sugar, vanilla and cinnamon. Lightly toast the bread on one side under the grill, then spread the tahini mixture over the untoasted side.
- 2 Heat a frying pan over a low-medium heat and put the bread in, buttered side down. Toast for 3-5 mins, shuffling it around to ensure it doesn't burn, until the sugar has caramelised.
- 3 Melt the chocolate in a heatproof bowl in short 30-second bursts in the microwave or set over a pan of just-boiled water, ensuring the bowl doesn't touch the water. Top the toast with the sliced bananas, drizzle over the melted chocolate and sprinkle with sesame seeds.

GOOD TO KNOW folate • iron
PER SERVING 504 kcs • fat 26g • saturates 14g •
carbs 56g • sugars 31g • fibre 4g • protein 8g •
salt 1.2g

Lime pickle rarebit

We've given classic Welsh rarebit a tangy twist with lime pickle. If you don't have any, this could work well with spicy mango chutney instead.

SERVES 2 PREP 10 mins

COOK 20 mins EASY

25g unsalted butter
25g plain flour
1 tsp mustard powder
½ tsp Worcestershire sauce
120ml non-alcoholic beer
100g mature cheddar, grated
2 tbsp lime pickle, finely chopped
2 thick slices bread (we used sourdough)
green salad, to serve

- 1 Melt the butter in a saucepan over a medium heat. Once foaming, tip in the flour and mustard powder and stir until a paste forms. Continue to cook for 2-3 mins until the paste turns darker. Splash in the Worcestershire sauce and a little of the non-alcoholic beer. Stir and continue adding the non-alcoholic beer slowly, stirring well after each addition, keeping the heat low to make sure the mix doesn't boil.
- 2 Heat the grill on high. Remove the saucepan from the heat and stir through the cheese and lime pickle, continuing to stir until the cheese has melted. (You may need to return the pan to a low heat to completely melt the cheese.) Season with a pinch of pepper and set aside. Arrange the sliced bread on a baking tray and lightly toast both sides under the grill, 1-2 mins each side. Spread the cheese sauce over the top and grill for a further 3-4 mins until bubbling and browned. Leave to stand for 2 mins before serving with a green salad in a lemony dressing, if you like.

GOOD TO KNOW calcium
PER SERVING 520 kcs • fat 32g • saturates 17g •
carbs 34g • sugars 2g • fibre 2g • protein 19g • salt 1.7g

watch, listen, cook

IFTAR
SPECIAL

Ching-He Huang's hoisin duck

Hoisin roast duck legs

This recipe is super-easy. Serve the legs whole or with Chinese pancakes and all the trimmings.

SERVES 6 **PREP** 10 mins plus at least 1 hr marinating **COOK** 50 mins **EASY**

6 skin-on duck legs

For the marinade

2 garlic cloves, crushed or finely grated

5cm piece of ginger, finely grated

2 tbsp non-alcoholic Shaohsing rice wine

1 tsp Chinese five-spice powder

3 tbsp golden syrup

3 tbsp hoisin sauce

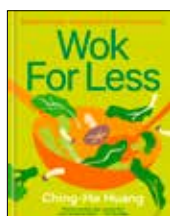
1 tbsp chilli bean sauce

1 tbsp dark soy sauce

1 Put the duck legs in a bag, then add all the marinade ingredients and shake to distribute evenly. Marinate in the fridge for 1 hr.

2 Heat the oven to 180C/160C fan/gas 4. Line a roasting tray with baking parchment. Put the duck legs (including any marinade left in the bag) skin-side up in the lined tray. Roast for 40 mins, then turn the oven up to 220C/200C fan/gas 7 and cook for a further 10 mins for medium-well done. Remove and set aside to rest for 5 mins.

3 Serve the legs whole or shred, reserving the bones.



Recipe adapted from Ching's latest cookbook, *Wok for Less*, and not retested by us. Photograph © Jamie Cho.

TV
chef

“
*Serve with
Chinese
pancakes
for a feast*
”





Sustainable swaps

Try freshwater trout in place of salmon to help preserve the wild Atlantic species

words & recipe AILSA BURT

photograph ELLA MILLER

Salmon is one of the most popular fish to enjoy at home, being quick and easy to cook, with well-known health benefits owing to its high levels of omega-3 fatty acids. But there are more sustainable choices you could make to replace it that are just as good for you, including freshwater trout, which is rated 'Best Choice' by the Marine Conservation Society.

The problem with salmon

While there are seven species of Pacific salmon, there is only one Atlantic salmon. Atlantic salmon hatch in fresh water before migrating out to sea, where they spend most of their lives. They only return to breed and die. These days, the wild Atlantic population is critically low, due to river pollution, rising water temperature and simple over-fishing. Even farming Atlantic salmon can be unsustainable because fish can escape and infect wild populations with disease, parasites, effluents and chemicals that have been released into the sea. It's generally a good idea to avoid any wild-caught Atlantic salmon as these stocks are under threat. Wild Pacific salmon is readily available, and although more expensive, it's more sustainable as stocks are growing. You can find sockeye, coho, keta, chinook and pink species slightly cheaper in the freezer aisle. As well as these, freshwater farmed rainbow trout is a great alternative to salmon – try it in our easy fishcakes (opposite).



Rainbow trout & horseradish fishcakes with herby yogurt

Wholegrain bread works well for the crumb coating in this recipe.

SERVES 6 **PREP** 30 mins plus at least 1 hr chilling **COOK** 40 mins **EASY**

800g Maris piper or King Edward potatoes, unpeeled and cut into quarters (or leftover mash)
100ml neutral oil, such as sunflower
300g freshwater rainbow trout
1 banana shallot, finely chopped
2 tbsp creamed horseradish
20g soft herbs, finely chopped (we used dill, chives and parsley)
1 lemon, zested and juiced
150g day-old bread, torn into chunks
50g plain flour
2 eggs, beaten
150g Greek-style yogurt
1 garlic clove, crushed

1 Boil the potatoes, unpeeled, in salted water for 15-20 mins. Drain and leave to steam-dry for 5 mins before mashing well.

2 Heat 1 tbsp of the oil in a non-stick frying pan over a medium-high heat. Lay the trout in skin-side down and cook for 3 mins. Turn to cook for another 2-3 mins, then transfer to a plate. Remove and discard the skin. Flake the flesh into chunks and stir into the mash along with the shallot, horseradish, 1 heaped tbsp of the herbs, some salt, pepper, a pinch of the lemon zest and a splash of the juice. Form into 12 4cm-thick discs. Cover and chill for at least 1 hr. *Will keep chilled for up to 24 hours.*

3 Blitz the bread to fine crumbs in a food processor. Tip into a shallow bowl, then put the flour and egg in separate bowls. Roll a fishcake in the flour, then egg, then the crumbs.

4 Put the remaining oil in a deep frying pan over a medium-high heat. When a few breadcrumbs sizzle in the oil, add the fishcakes in batches and cook for 3-4 mins on each side, until golden. Keep warm in a low oven while you cook the rest. Stir together the remaining herbs and lemon zest with the yogurt and garlic. Season well and add a splash of lemon juice if needed. Serve the fishcakes with a green salad, if you like, alongside the herby yogurt.

GOOD TO KNOW omega-3

PER SERVING 400 kcal • fat 19g • saturates 4g • carbs 37g • sugars 4g • fibre 3g • protein 18g • salt 0.5g

"If you can't find trout, use wild Pacific salmon"



Gadget

comfort food

COOK
SMART

Create an energy-efficient hearty dinner using
your pressure cooker, air-fryer or slow cooker

recipes SAMUEL GOLDSMITH *photographs* ROB STREETER

IFTAR
SPECIAL

Big-batch pressure cooker bolognese

*Stock up the freezer with this
comforting pasta sauce. It will keep
frozen for up to three months so it's
great to have on hand for busy weeks.*

SERVES 8 PREP 20 mins

COOK 55 mins EASY 🌟

2 tbsp olive oil
2 onions, finely diced
2 sticks celery, finely diced
2 carrots, finely diced
3 garlic cloves, crushed or finely grated
300g mushrooms, sliced or quartered
1 tbsp mixed herbs
2 bay leaves
800g beef mince
3 tbsp tomato purée
2 x 400g cans chopped tomatoes
150ml beef stock
cooked spaghetti, grated parmesan and
basil leaves, to serve

1 Heat the oil in your pressure cooker or
a separate pan over a medium-low heat.

Fry the onion, celery and carrot for
10-12 mins until softened but not
golden. Stir in the garlic, cook for
2 mins, then tip in the mushrooms and
cook for 10-12 mins until their liquid
has been released and evaporated.

2 Stir in the mixed herbs and bay leaves,
then tip in the beef mince. Fry until
browned, around 6-8 mins. Squeeze
in the tomato purée, then pour in the
chopped tomatoes and stock. Bring to a
simmer then put the lid on the pressure
cooker, bring up to pressure and cook
for 20 mins.

3 Release the pressure, then serve with
spaghetti, sprinkled with parmesan and
basil leaves, if you like. *Will keep chilled
for three days or frozen for three months.*

GOOD TO KNOW 2 of 5-a-day

PER SERVING 247 kcals • fat 14g • saturates 5g • carbs 8g •
sugars 7g • fibre 2g • protein 21g • salt 0.3g





Air-fryer roast chicken

Cooking a whole chicken in the air-fryer is a great way to keep the meat juicy. We've created a spice mix to flavour the chicken, too, but if you have a favourite marinade or rub, feel free to use that instead.

SERVES 4-6 PREP 10 mins

COOK 50 mins EASY

1 x 2.25kg whole chicken

3 tbsp vegetable oil

1 tsp each smoked paprika, dried mixed herbs and garlic granules

1 Prepare the chicken by removing the string and anything in the cavity. Combine the oil, paprika, dried herbs and garlic granules with

$\frac{1}{2}$ tsp salt and plenty of freshly ground black pepper in a small bowl. Put the chicken in a large bowl, then rub the chicken all over with the spiced veg oil.

2 Heat the air-fryer, if necessary, to 180C then carefully put the chicken into the air-fryer, breast-side down. Cook for 30 mins, turn the chicken over and cook for a further 10 mins. Turn the heat up to 200C and cook for a final 10-15 mins to crisp the skin, until a temperature probe reaches 70C when inserted at the thickest part of the chicken or the juices run clear when pierced.

GOOD TO KNOW gluten free

PER SERVING (6) 409 kJ • fat 26g • saturates 6g • carbs 0.3g • sugars 0.1g • fibre 0.2g • protein 43g • salt 0.8g

gf tip

It's important to check that your air-fryer will fit a whole chicken as air-fryer sizes vary. If you have a smaller air-fryer you will need to purchase a smaller chicken. Ours was tested in a large air-fryer.



Slow cooker beef stew with dumplings

Nothing says comfort food quite like a stew, and using the slow cooker means it can be ready when you get home after a long day.

SERVES 4 PREP 20 mins

COOK 5 hrs 20 mins-8 hrs 20 mins

EASY

2 tbsp vegetable oil
800g stewing beef, roughly chopped
2 onions, roughly chopped
4 carrots, roughly chopped
2 sticks celery, roughly chopped
150ml non-alcoholic red wine
few sprigs of rosemary and thyme
2 bay leaves
½ tsp Worcestershire sauce
800ml beef stock
small handful of parsley, to serve
For the dumplings
150g self-raising flour
70g suet

1 Heat 1 tbsp of the oil in a large pan or frying pan over a medium heat and brown the beef all over – you may

need to do this in batches. Remove, leaving any oil behind, and put in the slow cooker. Add the remaining oil to the pan, turn the heat to medium-low, and fry the onion, carrot and celery for 10-12 mins until softened but not golden. Add to the slow cooker.

2 Pour the non-alcoholic wine into the pan and bring to a simmer. Cook for 2 mins before pouring into the slow cooker. Add the remaining stew ingredients to the slow cooker and cook, on high for 4 hrs or low for 7 hrs.

3 Shortly before the time is up, make the dumplings. Put the flour and suet in a bowl, season well with salt and freshly ground black pepper. Mix to combine, then make a well in the centre and pour in 3 tbsp cold water. Stir, then gradually add a teaspoon of water at a time until the mix easily comes together into a soft dough. Form into 8 balls and carefully put on top of the stew. Cook for a further 1 hr, then serve scattered with parsley.

GOOD TO KNOW fibre • iron • 2 of 5-a-day

PER SERVING 707 kcal • fat 35g • saturates 14g •

carbs 41g • sugars 9g • fibre 7g • protein 46g • salt 0.8g



reduce waste

love your leftovers

Don't let surplus ingredients go to waste – get creative with these ideas



Leftover wrap nachos

If you have any **tortilla wraps** left over from the spicy tortilla soup, slice the wraps into triangles, then drizzle with **vegetable oil**. Season and bake on a baking tray at 180C/160C fan/gas 4 for 10 mins, then top with **grated cheddar or mozzarella**, **salsa** and **guacamole**.

Brazilian-style lemonade

To use up leftover **limes** from the tortilla soup and pulled chicken bowl, put **6 halved limes**, unpeeled, a **397g can condensed milk** and **two large handfuls of ice** in a high-powered blender and blitz until smooth. Strain through a sieve and serve over ice.

Chipotle cheese dip

Make this dip to use up the **chipotle paste** from the spicy tortilla soup.

Melt **20g unsalted butter** in a medium pan over a low heat, then stir in **20g plain flour** to make a paste. Add **300ml whole milk**, a little at a time, whisking until smooth. Add **2 tbsp chipotle paste**, **200g grated mature cheddar cheese** and **100g grated mozzarella**. Stir until melted. Season well and serve with **warm bread** and **crudités** for dunking.

Three ways with leftover feta



Feta eggs

Heat **1 tbsp vegetable oil** in a medium frying pan over a medium heat and crumble in **100g feta**. Leave briefly to melt, then crack **2 eggs** over the cheese and fry until cooked to your liking. Sprinkle over **chilli flakes** and **chopped coriander** to serve.



Marinated feta

Cut any leftover **feta** into cubes and pack into a sterilised jar with **lemon or lime zest**, **dried herbs** such as oregano or marjoram and **spices** such as Aleppo pepper, cumin seeds or nigella seeds, then cover with **olive oil**. *Will keep chilled for up to a week.*



Feta & antipasti toastie

Top a slice of **bread** with **jarred antipasti** (peppers and artichokes work well), then scatter over crumbled **feta** and sliced **black olives**. Top with another slice of bread and fry in a hot pan, turning once until browned on both sides and the cheese has melted.



Tom Kerridge's

steak supper p46



Brilliance

on a budget p57



Next Level

ravioli p72



Get set

for the week p76

weekend

Mouthwatering dishes to dig into with your family and friends



Tom Kerridge's steak supper

Whether you're looking for a spectacular main or just a special meal for two, steak is always a winner

photograph and styling MYLES NEW

Steak and mushrooms is an all-time classic combination and whatever changes I make to my menus, steak stays on. It's the most ordered item in my restaurants as well as my

pubs. Of course, I would love you to come along to one of them and try it, but cooking steak for yourself is a more affordable and easy way of treating both you and someone special.



Steak and mushroom is an all-time classic and whatever changes I make to my menus, steak stays on



Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast.
✕ @ChefTomKerridge



One-pan sirloin steak & creamy mushroom sauce

For the best results and even cooking, remove the steaks from the fridge to come up to room temperature about 30 mins before cooking.

SERVES 2 **PREP 20 mins**

COOK 15 mins **MORE EFFORT**

2 sirloin steaks (about 250g each)

1 tbsp light olive oil

25g butter

2 thyme sprigs

For the sauce

50g butter

2 small shallots, finely chopped

1 garlic clove, finely chopped

200g chestnut mushrooms, sliced

2 tbsp non-alcoholic brandy

1 tbsp Worcestershire sauce

150ml beef stock

100ml double cream or crème fraîche

small handful of parsley, finely chopped (optional)

chips or buttery mash, to serve

1 Rub the steaks with the oil and season generously with salt and pepper. Put a large non-stick or heavy cast iron pan over a very high heat until smoking hot. Carefully lay the steaks in the pan, then add the butter on the side along with the thyme. Sear the steaks on each side, depending on their thickness and

how well you want them cooked (1-2 mins for rare, 3-4 mins for medium and 5-6 mins for well done). Baste them with the foaming butter and thyme as they sear, then remove from the pan and leave to rest on a warm plate or board that has a gutter to catch the juices.

2 To make the sauce, put the pan back on a medium heat with the fat from the steak and the thyme, and add the butter. Once melted and sizzling, add the shallots and fry for 2 mins, then add the garlic and mushrooms, turn up the heat and fry for 2-3 mins more until the mushrooms have softened. Splash in the **non-alcoholic** brandy and allow the liquid to boil and reduce for 1 min. Stir in the Worcestershire sauce, then pour in the stock. Bring to the boil and cook for 2 mins until reduced by half. Stir in the cream or crème fraîche and simmer until rich and creamy. Taste and add more salt if needed. Scoop out the thyme, then return the steaks and any juices to the pan and spoon over the sauce. Sprinkle over the parsley, if using. Bring the steaks to the table in the pan and serve drizzled with more of the sauce and a big bowl of chips or buttery mash on the side.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 1078 kcal • fat 89g • saturates 48g •
carbs 5g • sugars 4g • fibre 2g • protein 55g •
salt 1.4g

5 other ideas

•Wild mushrooms

I'm using my favourite, chestnut mushrooms, in this as fresh wild mushroom aren't in season, but they would work really well. Also, if you have dried wild mushrooms, you could rehydrate them in the hot beef stock, then squeeze them out and fry with the chestnut mushrooms for extra depth of flavour.

•Different cuts

Sirloin is my favourite cut for single steaks, but you could also use fillet if you're feeling really fancy, or cheaper cuts like rump or bavette for more affordable options.

•Sharing steak

Rather than cooking two individual steaks you could bring a bit of theatre by cooking one

larger 500g sirloin, which will need about 10 mins in the pan, then carve it at the table.

•Go game

The mushroom sauce also pairs well with venison steak, which can be cooked in the same way as the beef. Look for a similarly thick loin or haunch steaks which should take a minute or two longer than the sirloin.

•Steak haché

If your budget doesn't stretch to steak, then do as the French do and make yourself a burger from good quality mince. Pan-fry it until cooked through, then make the mushroom sauce in the same pan – but this must be served with chips, not mash!

Grow it, *cook it*

We've teamed up with our friends at BBC Gardeners' World to bring you this new series, packed with tips for growing your own, plus ideas from food director **Cassie Best** for cooking what you harvest





Onions

The backbone of many dishes, onions – whether raw and sharp or caramelised and rich – add depth of flavour. They also boast health benefits, containing antioxidants that have anti-inflammatory properties.

Caramelised onion, squash & gruyère tart

Take your time caramelising the onions for this dish – cooked slowly over about 20 minutes, they'll soften and become jammy and sweet. They're the star of this tart, also punctuated by golden, tender cubes of squash.

SERVES 8-10 PREP 30 mins plus chilling COOK 1 hr 30 mins MORE EFFORT

3 tbsp rapeseed or olive oil
3 onions, halved and finely sliced
3 tbsp red wine vinegar
1 tbsp sugar
400g butternut squash (about ½), peeled and deseeded
8 thyme sprigs, leaves picked
1 tbsp Dijon mustard
4 eggs
75ml double cream
75g gruyère, grated
For the pastry
250g plain flour, plus extra for dusting
125g cold butter, cut into small cubes
4 thyme sprigs, leaves picked
1 egg, separated

1 First, make the pastry. Tip the flour into a bowl, then add the butter and 1 tsp salt. Rub the butter into the flour using your fingertips until it has a damp, sandy texture. Mix in the thyme leaves. Whisk the egg yolk with 2 tbsp cold water, then use a cutlery knife to mix this into the

crumbs until the mixture starts to clump together. Tip the pastry onto a work surface and knead briefly to bring together into a smooth dough, adding up to 1 tbsp more water if the pastry feels too dry. Shape into a disc, wrap in baking parchment and chill for 30 mins, or up to a day.

2 Heat 2 tbsp of the oil in a large frying pan over a low-medium heat and cook the onions for 20-25 mins until softened and caramelised. Stir in the red wine vinegar and sugar, and cook for 1-2 mins more until the vinegar has bubbled away. Leave to cool slightly.

3 Cut the squash into 1cm cubes, then tip into a roasting tin and toss with the remaining 1 tbsp oil and some seasoning. Heat the oven to 180C/160C fan/gas 4.

4 Unwrap the pastry and lightly dust the parchment with flour. Roll the pastry out on the parchment until it's about ½cm thick and large enough to line the base and side of a 26cm fluted tart tin. (If the edges start to crack as you roll, squeeze them back together.) Keep turning the pastry as you roll it out to make sure it's an even thickness and doesn't stick to the parchment.

5 Line the tin with the pastry, pressing it into the base and up the side, patching any holes with excess pastry. Trim any overhanging pastry so it comes about 1cm above the rim. Reserve any offcuts, as you may need them for patching later. Line the pastry case with the sheet of baking parchment and fill with

baking beans or uncooked rice. Bake on the middle shelf of the oven, with the squash on the shelf underneath, for 20 mins.

6 Remove the pastry case from the oven and lift out the parchment and baking beans. If there are any holes in the pastry, patch these using the reserved pastry offcuts, then lightly beat the egg white and brush this all over the inside of the pastry case. Bake for 5 mins more until biscuity and golden.

7 When the pastry case is ready, use a small, serrated knife to carefully trim the overhanging pastry. Mix the roasted squash into the caramelised onions along with the thyme leaves.

8 Whisk the mustard, eggs, cream, half the cheese and some seasoning together in a jug. Spoon the onion and squash mix into the pastry case – it will be quite full. Pour over the egg and cream mixture, then scatter over the remaining cheese.

9 Reduce the oven to 160C/140C fan/gas 3 and bake the tart on the middle shelf of the oven for 35 mins until golden brown and set. Leave to cool in the tin for at least 30 mins before serving warm, or cool completely and serve cold. *Will keep chilled for up to two days.*

PER SERVING (10) 362 kcals • fat 23g • saturates 12g • carbs 28g • sugars 7g • fibre 3g • protein 9g • salt 1.1g

ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

- You can grow onions from seed, but it's much easier and quicker to grow them from sets (small onions). Onions require 90-100 days to mature from seed, which is around four months. From sets, onions are ready to harvest after about 80 days, or just under three months.

Sowing seeds

- Sow onion seed indoors as early as January, so they're large enough to plant out by spring. Sow seed in a pot or tray of moist seed compost, about 1cm apart. When the seedlings are a few inches tall, prick them out and transplant into fresh, peat-free, multi-purpose compost. Once established, transplant seedlings into the garden, 10-15cm apart.

Planting out sets

- There's no need to soak onion sets before planting. Plant them 10-15cm apart, allowing 30cm between rows. Plant them just below the soil surface, with just the tips showing, in moisture-retentive, fertile soil, ideally with plenty of well-rotted organic matter, such as garden compost.

Harvest

- Harvest onions as soon as they're big enough. The leaves will droop over and turn brown when they've stopped growing. Gently loosen the soil with a fork and lift out the onions, then leave to dry on a rack before storing.



Adam Frost is an award-winning British garden designer, presenter on BBC Two's *Gardeners' World* and also appears on BBC coverage of the RHS Flower Shows. @adamfrostdesign

Shallots

A member of the allium family, shallots have a more delicate flavour than their larger onion siblings. Extremely versatile, shallots can be finely chopped to use in dressings, fried until crisp or pickled to add flavour and different textures to dishes.

Golden spiced pilaf with crispy shallots

This dish is a sensation of textures and flavours, thanks to the crispy golden shallots, warming spices, crunchy nuts and soft fruits. You can serve it on its own with a bowl of yogurt, or alongside grilled veg, meat or fish.

SERVES 4-6 PREP 20 mins
plus resting **COOK 40 mins**
EASY V

250g basmati rice
25g butter
2 tbsp vegetable oil, plus extra for deep-frying
1 onion, finely chopped
2 garlic cloves, finely chopped
1 tsp ground turmeric
1 tsp ground cumin
1 small cinnamon stick
8 cardamom pods
1 star anise
1 lemon
600ml hot vegetable or chicken stock, or 1 stock cube mixed with hot water from the kettle
6 shallots, peeled, halved and thinly sliced
50g nuts of your choice (we used a mixture of cashews, pistachios and flaked almonds)
200g natural yogurt
large pinch of saffron
125g dried fruit of your choice, such as apricots, cranberries or raisins
handful of coriander, leaves picked

1 Tip the rice into a saucepan and cover with warm water, then leave to soak for 30 mins.
2 Meanwhile, melt the butter in a large pan over a medium heat, then drizzle in the oil and fry the onion and garlic for 8-10 mins, stirring until the onion is translucent.

3 Stir in the ground and whole spices, sizzling them in the butter and oil for 1-2 mins, then drain the rice and add it to the pan. Peel three long strips of zest from the lemon using a vegetable peeler, and drop these into the pan. Stir everything together, pour over the stock and bring to a simmer. Stir again and cover, then continue to simmer for 2 mins more. Turn off the heat and leave to stand, without opening the lid, for 15 mins.

4 Pour a 2cm depth of oil into a deep pan or wok set over a medium heat and heat to 180C or until a cube of bread browns in 20 seconds. Fry the shallots in two batches, sizzling for 8 mins per batch until golden brown. This will take a while, and they catch quickly, so watch closely to prevent this. Spoon onto a plate lined with kitchen paper using a slotted spoon, then sprinkle with salt and leave to cool slightly.

5 Toast the nuts in a dry frying pan over a medium-low heat for 2-3 mins until golden. Mix the yogurt with the saffron and a pinch of salt in a small serving bowl and set aside.

6 Uncover the rice and check it's ready – it should be tender and all the liquid should have been absorbed. If not, cover and leave to stand for another 5 mins. Once cooked, fluff up the grains using a fork, and stir through the nuts and dried fruit. Tip out onto a serving platter, removing the whole spices and lemon peel as you do. Scatter over the crispy shallots and the coriander leaves, then serve with the saffron yogurt on the side.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (6) 419 kJ • fat 20g • saturates 4g •
carbs 49g • sugars 17g • fibre 4g • protein 9g •
salt 0.7g





ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

- You can grow shallots from seed, but it's simpler and quicker to start from sets (small shallots) that you grow to cooking size.

Planting out

- You can plant shallot sets in early spring or autumn. From an autumn planting, you'll get earlier, heavier crops. Shallots prefer sun and moisture-retentive, fertile soil, ideally with plenty of well-rotted organic matter, such as garden compost. It's worth looking for heat-treated sets, as the resulting plants are less prone to bolting (producing flowers). Bolting reduces the quality of the crop. Rake over the soil to break up any large lumps. Plant sets with the tips showing. Space shallots, which produce multiple bulbs, 15-20cm apart. Allow 30cm between rows. Cover with fleece or netting to stop birds pulling up the bulbs.

Harvest

- Autumn-planted sets are ready after 36 weeks; spring-planted sets after 20 weeks. But, as soon as your shallots are big enough, you can harvest them. The leaves will droop over and turn brown when they've stopped growing.

Garlic

Small in size but big on flavour, garlic can be the umami base of curries and ragus, or the star of garlic bread and aioli. Whether slowly roasted or crushed, just one clove can transform a dish into something deeply savoury. It's also celebrated for its potential health benefits, offering antimicrobial properties and cardiovascular support.

Fish & chorizo stew with confit garlic aioli

The homemade aioli transforms this into a rich, unctuous dish. Swirl a dollop into the stew before serving with extra on the side.

SERVES 4-6 **PREP** 20 mins

COOK 45 mins **EASY**

1 fennel bulb, finely chopped
1 onion, finely chopped
2 large garlic cloves, crushed
100g chorizo, skin removed, sliced into rounds
pinch of chilli flakes
pinch of saffron
2 bay leaves
150ml non-alcoholic white wine
600ml passata
2 x 400g cans chickpeas, drained
8 large raw shell-on prawns, or 165g raw jumbo prawns
800g sustainable white fish (such as European hake), cut into large chunks
small bunch of parsley, chopped
1 baguette, sliced, to serve
For the confit garlic aioli
1 large whole garlic bulb
250-300ml rapeseed or olive oil
3 egg yolks (freeze the whites to use in another recipe)
squeeze of lemon juice, plus a pinch of lemon zest

1 For the aioli, cut the top off the bulb of garlic, keeping the rest intact. Put the bulb in a small ramekin and pour over the oil so the bulb is submerged, then cover and bake at 180C/160C fan/gas 4 for 45 mins, or cook in an air-fryer for 30 mins until softened and golden. Cool fully in the oil, then remove the bulb. *The garlic-infused oil will keep covered at room temperature for up*

to two weeks. The roasted garlic will keep chilled for up to three days.

2 Heat 2 tbsp of the garlic-infused oil in a large pan over a low-medium heat and fry the fennel and onion for 10 mins, stirring often until the veg is translucent.

3 Stir in the crushed garlic and chorizo, cooking for a couple of minutes until the chorizo has released some of its oils into the pan. Add the chilli flakes, saffron, bay leaves and non-alcoholic wine. Turn up the heat and bubble for a minute or two, then pour in the passata. Season well, cover and simmer gently for 15 mins. *Once cooled completely, the stew base will keep chilled in an airtight container for two days or frozen for up to two months.*

4 Squeeze the roasted garlic cloves from step 1 into a food processor, discarding the skins. Add the egg yolks and blitz to a purée. With the motor running, slowly drizzle in the rest of the garlic oil. The sauce will slowly begin to thicken and turn paler in colour. When you're happy with the consistency, season with salt and a squeeze of lemon juice. *The aioli will keep in an airtight container at room temperature for an hour, or chilled for a day.*

5 While the stew base is simmering, add the chickpeas, prawns and white fish. Cover and simmer for 5 mins more until the fish is opaque and the prawns are pink.

6 Taste for seasoning and scatter with a pinch of lemon zest and the chopped parsley. Serve in shallow bowls with a dollop of the aioli and slices of baguette for dunking.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING (6) 579 kJ • fat 35g • saturates 5g • carbs 21g • sugars 8g • fibre 7g • protein 38g • salt 1.2g

ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

- Garlic is usually planted in late autumn or early winter, but if you have a heavy soil, you may have more success planting in early spring. Plant bulbs directly in the ground, or start in small pots if you have heavy soil. Garlic can also be planted in a large container.

Planting out

- Most varieties are best planted in late autumn or early winter, as the cloves need a period of cold weather to develop into bulbs.
- Make sure your soil is clear of weeds and the remains of summer crops. Before planting, dig in some homemade compost or well-rotted manure and rake over well. Push cloves in or use a dibber to make holes 15cm apart, leaving 30cm between rows. Birds will pull them out of the soil, so lay netting or horticultural fleece over new plants until the shoots are 5cm tall. In cold areas, you may need to cover plants with cloches over winter. This extra protection will encourage root growth, so plants are ready to grow in spring.

Harvest

- Harvest garlic in summer when the leaves turn yellow. Gently lift out bulbs with a fork or trowel, taking care not to damage the bulbs. Leave the garlic to dry out for a couple of days by laying it out on a table or tray in full sun.



ALSO IN SEASON

Three-cornered leeks

We take a deep dive into specialist and hyper-seasonal ingredients. This month, **Barney Desmazery** from our cookery team covers mild and sweet three-cornered leeks:

Often confused with wild garlic – especially by some gardeners, to whom it's often considered a weed – the three-cornered leek is a different plant, with a thin, triangular stalk and bell-shaped, green-veined white flower. But, it does still mildly smell and taste of garlic.

Appearing as early as December, the three-cornered leek is at its best in February, when the stalks are at their most succulent. As its name suggests, it can be cooked and eaten in much the same way as a regular leek, but, given its size, you'll need to use more of it. The flavour is also more onion-like. The whole plant can be eaten, from the bulb (which can be used like a small onion or shallot), to its stalk, which can be chopped and used in a similar way to chives. The flowers make a pretty garnish for savoury dishes and salads. The flavour of the three-cornered leek lends itself to cheesy recipes and fish.

It's not readily available in shops and is mostly foraged – always make sure you know exactly what you're picking, and double-check the plants after harvesting.





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Brilliance on a budget

Eat well with cost-effective recipes that
take everyday ingredients to new heights

recipes GOOD FOOD TEAM *photographs* KIM LIGHTBODY



Teriyaki & lime-glazed chicken wings

Chicken wings are an inexpensive cut and full of flavour. Glazed in sticky sauce and served with jasmine rice, you have an easy meal the whole family will love.

SERVES 4 **PREP** 10 mins
COOK 40 mins **EASY**

2 tbsp rice flour
900g chicken wings, thoroughly patted dry with kitchen paper
4 tbsp soy sauce
2 garlic cloves, grated
10g ginger, peeled and grated
4 tbsp light brown soft sugar
1 tbsp cornflour
1 lime, zested and juiced
2 spring onions, sliced and left to curl in a bowl of ice water
1 red chilli, thinly sliced
cooked jasmine rice and pak choi, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 8. Line your largest baking tray with baking parchment. Tip the rice flour into a large bowl, season, then toss the chicken wings in the flour. Make sure they're well coated, then spread evenly across the baking tray. Bake for 20 mins (or 15 mins in an air-fryer) until starting to brown.

2 While the chicken cooks, make the glaze. Put the soy sauce, garlic, ginger, sugar and 150ml water in a small pan on a medium heat. Cook

for 4-5 mins until bubbling and slightly thickened, then take out 2 tbsp and mix with the cornflour. Pour the cornflour mixture back into the glaze, whisking all the time, and cook for 3 mins until thickened. Squeeze in the lime juice.

3 Once the chicken has been cooking for 20 mins, brush over most of the teriyaki glaze and return to the oven for another 20 mins, (or air-fryer for 10 mins) basting once more during cooking.

4 Remove from the oven, top with a final brush of the glaze, then sprinkle with the lime zest, spring onions and chilli. Serve with fluffy rice and pak choi, if you like.

GOOD TO KNOW vit c

PER SERVING 425 kcal • fat 17g • saturates 5g •
carbs 36g • sugars 26g • fibre 1g • protein 30g • salt 2.0g

DOUBLE UP

Chicken wings are a great budget option for feeding a crowd. The amounts in this recipe can be easily doubled or tripled as required.





Blitz-and-bake banana sticky toffee pudding

If you want to give this dessert smoky notes, you can add a generous splash of dark non-alcoholic rum to the sponge batter as well as the sauce.

Mother's
Day
special

SERVES 6-8 **PREP** 10 mins plus
30 mins soaking **COOK** 45 mins
EASY V

For the sponge

200g pitted dates
½ tsp bicarbonate of soda
½ tsp vanilla extract
100g butter, softened, plus extra
for the tin
2 very ripe bananas, mashed
150g soft light brown sugar
3 eggs
200g self-raising flour

For the sauce

100g unsalted butter
200g light brown soft sugar
150ml double cream
vanilla ice cream, to serve (optional)

1 Boil the kettle. Tip the dates into a heatproof bowl with the bicarb and vanilla extract, then pour over 200ml boiling water and leave to soak for 30 mins. Meanwhile, butter a 20cm square baking tin.

2 Heat the oven to 190C/170C fan/gas 5. When the dates have soaked and cooled, tip them along with their soaking liquid into a food processor and pulse to chop. Tip the rest of the sponge ingredients and a pinch of salt into the food processor and pulse to make a batter. Scrape the batter into the tin and bake for 40-45 mins, or until the pudding is firm to the touch and a skewer inserted into the centre comes out clean.

3 While the pudding is baking, make the sauce. Tip the butter and sugar into a saucepan and warm over a medium heat, stirring constantly until the sugar has dissolved and the butter has fully melted. Bubble for 3 mins until the mixture is thick, then stir in the cream and simmer, stirring, for 2 mins until you have a toffee sauce. Serve the pudding warm, cut into squares and drenched in the sauce with vanilla ice cream on the side, if you like.

PER SERVING (8) 653 kcs • fat 33g • saturates 20g •
carbs 82g • sugars 62g • fibre 3g • protein 6g •
salt 0.7g

WASTE LESS

If you have bananas going past their best, they can be frozen with their skins, then defrosted and mashed or blitzed to use in puddings like this one. You can also save apples and pears from going to waste by cooking them with a bit of sugar to make a pie or crumble filling. Citrus fruits can be juiced then frozen. Exotic fruits like pineapple and mango are best chopped before being frozen to use in smoothies.

Cheesy potato patchwork pie

We're taking inspiration from the classic potato dauphinoise for this rustic, veggie pie, ideal for rustling up on a cosy evening in. Bursting with sweet, caramelised leeks and cheese, it's well complemented by a helping of hardy greens, such as braised cabbage, or a peppery leafy salad.

SERVES 6 **PREP** 50 mins plus chilling and cooling **COOK** 1 hr 5 mins
EASY **V** **✳**

500g Maris Piper potatoes, unpeeled, cut into 1 cm thick slices
1 tbsp neutral oil like rapeseed or sunflower
1 tbsp butter, plus extra for the dish
500g leeks, halved and sliced
2 garlic cloves, finely sliced
5 thyme sprigs
2 bay leaves
1 tbsp plain flour
½ tsp ground mace, or a pinch of ground nutmeg
1 tbsp Dijon mustard
300ml milk
50g parmesan or vegetarian alternative, grated
100g extra mature cheddar, grated
steamed greens or watercress salad, to serve (optional)
For the pastry
250g plain flour, plus extra for dusting
125g salted butter, cold and cut into cubes
1 whole egg and 1 egg yolk (freeze the egg white for another recipe)
1 tbsp milk
5 thyme sprigs, leaves picked

1 Start by making the pastry. Tip the flour and butter into a large bowl along with ½ tsp finely ground black pepper. Rub the butter into the flour using your fingertips until it

resembles fine breadcrumbs. In a jug, whisk together the whole egg, yolk, milk and thyme leaves. Pour three-quarters of the egg mixture into the flour crumbs, stir it in using a cutlery knife, then bring it together using your hands into a smooth disc and chill for 30 mins.
2 Tip the potatoes into a saucepan, cover with cold water and add a generous sprinkling of salt. Put the lid on, bring to the boil, then reduce to a simmer and cook for 7-9 mins until almost tender – a sharp knife should slide in easily. Drain well and set aside to steam-dry.

3 Heat the oil and butter in a frying pan over a medium heat. Stir in the leeks, garlic, thyme and bay with a pinch of salt and pepper. Cook for 20-22 mins until softened. Mix in the flour and mace and cook for a couple of minutes before stirring in the mustard. Remove from the heat and season to taste. Slowly pour the milk in, stirring well, before mixing in the parmesan and cheddar. Warm over a low heat until the cheese has melted. Remove the bay leaves and thyme sprigs. Butter a 25cm round, ovenproof dish and arrange the potatoes on the bottom. Pour over the leek mixture and set aside to cool to room temperature. *Will keep covered and chilled for up to 24 hours.*

4 Lightly dust a clean work surface with flour and roll out the pastry to around ½cm thick – you don't need

to be too precise. Cut into small rectangles, around 3 x 6cm, and arrange the rectangles over the top of the pie haphazardly, making sure they mostly overlap, leaving some steam holes, until the pie is completely covered. *Will keep frozen, unbaked, for up to two months. Defrost in the fridge overnight before baking.*

5 Heat the oven to 220C/200C fan/gas 7. Brush the remaining egg over the top of the pie and bake in the oven for 30-35 mins. Remove from the oven and leave to rest for 10 mins before serving with steamed greens or a watercress salad, if you like.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING 604 kcals • fat 34g • saturates 19g • carbs 53g • sugars 5g • fibre 6g • protein 18g • salt 1.2g

TWIST IT

● Filling this pie with potatoes, leeks and cheese means you get maximum umami flavour for a fraction of the price of a meat pie. But you can also use up any leftover cooked chicken by stirring it through the filling in step 3. Save any waste by freezing pastry offcuts – defrost in the fridge before using.

● If short on time you can use a 320g pack of shortcrust pastry instead of making your own.



Carrot & pineapple cake

Our tropical carrot cake can be made with canned or fresh pineapple. If using fresh, why not make the most of this glorious fruit by making some beautiful edible decorations with it. It's best to make these while your oven is already on for another cooking job, to make best use of the energy used in heating the oven. Once dried, they will keep for a few days.

SERVES 8-10 **PREP** 30 mins
COOK 1 hr **EASY** **V** **✳** un-iced

175ml vegetable oil, plus extra for the tin
250g self-raising flour
1 tsp bicarbonate of soda
1 tsp ground cinnamon
1 tsp mixed spice
300g light brown soft sugar
3 eggs
100ml milk
1 tsp vanilla extract
250g carrot, grated
200g pineapple, from a can and drained, or fresh, juice reserved, finely chopped
75g walnuts, chopped (optional)
pineapple flowers, to serve (optional; see recipe, right)

For the icing

100g butter
275g icing sugar
1 tsp vanilla extract
150g full-fat soft cheese

1 Oil a 23cm cake tin with a depth of at least 7cm, then line the base and sides with baking parchment. Heat the oven to 180C/160C fan/gas 4. Combine the flour, bicarb, spices and sugar in a large bowl with $\frac{1}{4}$ tsp salt. Using your fingertips, rub the floury mixture for a few minutes to squash out any lumps of sugar into the flour.

2 Whisk the oil, eggs, milk and vanilla extract in a jug and pour into the dry ingredients. Add the grated carrot, chopped pineapple and walnuts (if using), then fold everything together with a spatula.

3 Scrape the mixture into the tin and level the top with the spatula. Bake for 1 hr until risen and a skewer inserted into the centre comes out clean. If there is any raw cake mixture sticking to it, return to the oven for 5 mins, then check again. Leave to cool in the tin for 15 mins, then transfer to a wire rack

and spoon 1 tbsp pineapple juice (if using canned pineapple) over the sponge. Leave to cool completely.

4 To make the icing, beat the butter and half of the icing sugar together, by hand or using an electric whisk, until smooth. Add the rest of the icing sugar and the vanilla and beat for a few more minutes until smooth, then mix in the soft cheese. Place the cake on a plate or cake stand and pile the icing on top. Arrange the pineapple flowers on top, if using (see below for the recipe). *Will keep in an airtight container in a cool place for two days.*

PER SERVING 638 kcal • fat 32g • saturates 9g • carbs 81g • sugars 61g • fibre 2g • protein 6g • salt 1g

Pineapple flowers

Heat the oven to 160C/140C fan/gas 3. Lightly oil six holes of a muffin tin using **vegetable oil**. Trim a **small pineapple** to remove the skin, eyes and leaves. Cut 6 very thin slices from one end (you can use the rest in the recipe) and push them into the oiled tin to line the holes. Bake for 30 mins, until completely dry. Leave to cool, then remove and use to decorate your cake. *Will keep for two days.*



CELEBRATE SAVINGS

Celebration cakes can cost a fortune, so making your own showstopper will save some money. Carrot cake is a good budget-friendly option as most of the fat (butter) is replaced with inexpensive vegetable oil and the cake is bulked out with low-cost carrots. We've kept the amount of icing low by just piling it on top (rather than in layers or over the sides). It's the oil and the pineapple that keeps this cake deliciously moist.

Fridge-raid one-pan pesto pasta

Here's a satisfying way to use up odds and ends that are hanging around in the fridge. You can use veg such as courgettes instead of peppers, or other leafy greens in place of the spinach. Use up whatever you've got.

SERVES 4-6 **PREP** 15 mins
COOK 20 mins **EASY** V

2 tbsp olive, sunflower or vegetable oil
1 onion (white or red) or ½ bunch of spring onions, finely sliced
1 pepper, chopped
2 garlic cloves, crushed or finely grated
2-4 tbsp pesto (depending on what you have left in the jar), check it's vegetarian if needed
900ml stock (vegetable or chicken stock works well)
2 rosemary or thyme sprigs
400g pasta (we used penne)
200g spinach or frozen peas
2-3 tbsp mascarpone, crème fraîche or soured cream
½ lemon (optional)
grated Italian-style hard cheese or vegetarian alternative, to serve (optional)

1 Heat the oil in a large lidded pan over a medium-low heat and fry the onions with a pinch of salt for 8-10 mins until beginning to soften, then stir in the peppers and cook for 5 mins more. Stir in the garlic and

cook for 1 min before adding the pesto. Mix everything together and cook for a couple of minutes.

2 Pour in the stock, then add the rosemary or thyme, followed by the pasta. Stir everything together, bring to a simmer, put the lid on and cook for 12-14 mins until the pasta is almost cooked. Add a splash more water if necessary.

3 Stir in the spinach or frozen peas and cook for 2 mins, or until the spinach is wilted. Spoon in the mascarpone, crème fraîche or soured cream, then mix it in. Squeeze over the lemon, if using, then serve with grated Italian hard cheese scattered over, if you like.

GOOD TO KNOW vit c • low cal • 1 of 5-a-day
PER SERVING (6) 366 kcal • fat 10g • saturates 3g • carbs 52g • sugars 4g • fibre 5g • protein 14g • salt 1g

SAVE ENERGY

This recipe is more energy-efficient than an oven-baked pasta dish because everything is cooked in one pan on the hob in a short space of time.





Crispy pakoras

celebrate

Ramadan

Anisa Karolia shares the family favourites she loves to cook during the Muslim holy month

photographs ELLIS PARRINDER

During Ramadan, Muslims around the world abstain from eating between sunrise and sunset.

As well as prayers, charity, self-reflection and trying to better one's self, food also plays an important part in Ramadan. We have a pre-dawn breakfast, usually eggs, toast and tea or cereal, and break our fast with dates at sunset. Dates are

recommended because they help replenish vitamins.

Traditionally, a Ramadan table spread would include starters. My family enjoys lamb and mint samosas, chicken and cheese pastries and, of course, crispy pakoras. My children love butter chicken, but we could also prepare non-traditional food like noodles, lasagne or fish and chips. For

dessert, there's always platters of fresh fruits like watermelon, mangoes, strawberries, grapes and pineapple, and usually a creamy and fragrant rose-flavoured falooda. We end the evening with a cup of karak chai.



Anisa Karolia is one of the UK's most popular Muslim food bloggers, sharing all of her favourite recipes since 2015. She has a community of over 240,000 followers. Anisa's mission is to share quick and easy recipes, and especially loves the family favourites she ate growing up. [@AnisaGrams](#)



King prawn & fish curry



Rose & pistachio
milk cake

Crispy pakoras

Basic pakoras are made with sliced onions, fresh fenugreek leaves, chickpea flour and spices, but you can add other vegetables, such as grated carrots and potatoes, or even chicken.

MAKES about 15 **PREP** 25 mins
COOK 3 mins **EASY** **V**

1 large onion, finely chopped
1 large red onion, finely chopped
125g spinach, finely chopped
125g fresh fenugreek leaves, chopped (stems removed)
½ tsp ground turmeric
½ tsp chilli powder
1 tsp ground coriander
1 tsp ground cumin
¼ tsp carom seeds (ajwain)
1 tbsp dried fenugreek leaves
2 tsp garlic paste
2 tsp green chilli paste
1 heaped tbsp rice flour
½ tsp baking powder
200g chickpea flour (gram flour)
200g can sweetcorn
vegetable oil, for deep-frying

- 1 Put the onions in a large bowl with the spinach and fresh fenugreek. Stir in the spices, garlic, chilli, rice flour, baking powder and chickpea flour. Season with salt.
- 2 Tip in the sweetcorn and all the liquid from the tin, with just enough water (about 200ml) to hold the mixture together – the consistency should be like a batter.
- 3 Fill a large saucepan around a third full of oil and heat over a medium-high heat until it reaches 180C. Drop a little bit of the mixture into the oil – if it sizzles, it's hot enough. Drop a heaped tablespoon of the mixture into the oil in batches and cook for 2-3 mins until golden and crispy all over, turning occasionally, then remove with a slotted spoon and drain on kitchen paper. They're best eaten fresh.

GOOD TO KNOW vegan • gluten free
PER SERVING 133 kcals • fat 5g • saturates 0.5g •
carbs 13g • sugars 3g • fibre 3g • protein 5g • salt 0.2g

King prawn & fish curry

My grandmother made this aromatic and colourful curry regularly. Any white fish works.

SERVES 4-5 **PREP** 30 mins plus
marinating **COOK** 40 mins **EASY**

4 tbsp lemon juice
1 tsp chilli paste
2 tsp garlic paste
1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
1 tbsp dill, chopped
300g white fish fillets, cut into 5cm chunks
200g raw king prawns, peeled and deveined
1 large tomato
5 tbsp vegetable or sunflower oil
1 tsp cumin seeds
5-6 curry leaves
2 onions, finely chopped
1 tbsp passata
To serve
10g coriander, chopped
2 spring onions, finely chopped
cooked rice

- 1 Put the lemon juice in a large bowl with the chilli, garlic, spices and dill. Tip in the fish and prawns and gently mix to coat all over. Put in the fridge to marinate for 30 mins.
- 2 Use a knife to cut a shallow 'X' shape on the bottom of the tomato, then put in a heatproof bowl of boiling water for 40-50 seconds until the skin starts to peel off. Remove and leave to cool before discarding the skin. Finely chop the tomato, then set aside.
- 3 Heat the oil in a large frying pan with a lid over a medium heat, then add the cumin seeds and curry leaves. Stir in the onions and fry, uncovered, until lightly golden, for about 6-8 mins.
- 4 Add the chopped tomato and passata and cook for 4-5 mins until the tomato breaks down. Tip in the fish and prawns, cover and cook over a medium heat for 25 mins, carefully turning the fish and prawns halfway, without breaking the fish. Pour in 100ml water and simmer for 6-8 mins until slightly thickened. Scatter over the coriander and spring onions, and serve with rice, if you like.

GOOD TO KNOW gluten free
PER SERVING (5) 216 kcals • fat 12g • saturates 1g •
carbs 6g • sugars 5g • fibre 2g • protein 19g • salt 0.5g

Rose & pistachio milk cake

This easy dessert tastes heavenly, and can be made ahead.

SERVES 6-7 **PREP** 35 mins plus
3 hrs soaking **COOK** 25 mins **EASY** **V**

4 eggs, whites and yolks separated
160g granulated sugar
2 tbsp rose syrup
40ml milk
160g self-raising flour
½ tsp baking powder
½ tsp ground cardamom
For the rose milk
410g can evaporated milk
200ml whole milk
200ml double cream
150g condensed milk
1 tbsp rose syrup
pinch of ground cardamom
For the topping
300ml double cream
1-2 tbsp rose syrup
small handful of pistachios, chopped
1-2 tbsp dried rose petals
pinch of ground cardamom

- 1 Heat the oven to 180C/160C fan/gas 4 and line a 28 x 18cm shallow heatproof dish with baking parchment. Beat the egg yolks with half the sugar in a large bowl using an electric whisk until thick and pale. Whisk in the rose syrup. Pour in the milk, then sift in the flour and baking powder. Fold in the cardamom until the mixture is just combined.
 - 2 Put the egg whites in another large bowl with the remaining 80g sugar. Clean the whisk, then beat the egg whites until stiff peaks form. Fold into the egg yolk mixture until fully combined, taking care not to knock out too much of the air.
 - 3 Pour the mixture into the baking dish. Bake for 25 mins until the sponge is golden and springy.
 - 4 For the rose milk, mix all the ingredients together in a jug. Use a skewer to poke holes over the cake, then pour most of the milk mix over, reserving some to serve. Chill for a few hours or overnight.
 - 5 For the topping, whisk the cream and rose syrup together until soft peaks form, then spread over the cake. Top with pistachios, petals and cardamom. Serve with the remaining milk. *Will keep chilled in an airtight container for up to four days.*
- PER SERVING** (7) 811 kcals • fat 52g • saturates 30g •
carbs 66g • sugars 48g • fibre 1g • protein 16g •
salt 0.8g



For more ideas for Ramadan meals, visit bbcgoodfoodme.com/ramadan-recipes



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Ravioli

Master the art of making pasta this weekend

recipe BARNEY DESMAZERY photograph ELLA MILLER

Nothing beats the silkiness of homemade pasta. This ravioli is filled with creamy ricotta, spinach and an egg yolk, which bursts when you cut into it. You can use a rolling pin for the dough, but for best results, use a pasta machine.

SERVES 2 PREP 1 hr 5 mins
plus resting COOK 5 mins
MORE EFFORT V

For the pasta

160g '00' flour, plus extra for dusting
1 whole egg, plus 3 egg yolks (freeze the whites for another recipe)

For the filling

100g spinach
150g ricotta
25g grated parmesan or vegetarian alternative, plus extra to serve
1 garlic clove, chopped
½ lemon, zested
grating of nutmeg

4 egg yolks

For the butter

50g butter
8 sage leaves

1 For the pasta, put the flour in a large bowl and make a well in the middle. Add the whole egg and yolks and mix with a fork, bringing more flour in from the sides as you mix. When it comes together into a ball, tip out onto a work surface and knead for 10-15 mins until smooth and it bounces back slowly when pressed. Wrap and leave for 20 mins.
2 To make the filling, tip the spinach into a colander, pour over boiling water, then leave to cool. When cool enough to handle, squeeze out the water with your hands, then again in a clean tea towel to extract as much moisture as possible. Tip onto a board and finely chop. Tip into

a bowl with the ricotta, parmesan, garlic, lemon zest and nutmeg, then season well. Scrape into a piping bag with a 1-2cm-wide nozzle.

3 Cut the pasta dough in half and put both pieces through a pasta machine starting on the widest setting, running the dough through twice on each setting until the second-to-last setting. Lightly flour the work surface and lay the sheets of pasta on it horizontally in a way that enables you to easily lift one sheet over the other later.

4 Pipe four 7cm wide rings of the filling on the sheet nearest to you, then pipe another four rings directly on top, so you have four 2cm-high ring holders for the egg yolks. Leave approximately 8cm between each. Gently lower an yolk into each ring of filling. Lightly brush the pasta with water around the filling, then lift the second sheet of pasta on top and cup your hand around the filling to gently mould the pasta around it. Try not to leave any air bubbles around the filling. Use a 10cm-round cutter to cut out the ravioli, then carefully lift and pinch the edges together to seal completely. *Will keep covered for 30 mins.*

5 Bring a large pan of salted water to the boil and gently lower in the ravioli using a slotted spoon. Boil for 3 mins until the pasta is cooked through, then carefully transfer to two serving bowls.

6 Working quickly, heat the butter in a large frying pan over a medium-high heat and fry the sage until crisp, about 1-2 mins. Spoon the butter and sage over the ravioli, scatter with more parmesan, if you like, and serve straightaway.

GOOD TO KNOW calcium • folate • iron

PER SERVING 911 kcals • fat 56g • saturates 27g • carbs 64g • sugars 2g • fibre 4g • protein 35g • salt 1.1g

Reclaim your
weekend
Take it to the
next level



Our top tips

FLOUR POWER

Using '00' flour creates the best textured pasta as it's low in gluten. (Leftover flour can be used in the same way as plain flour.)

A LITTLE LUXURY

Fresh pasta can be made with just flour and water, but we've added eggs and yolks to enrich the pasta – a simple way to add luxury.

**LESS MESS**

Rather than wilting the spinach in olive oil, we've blanched it in hot water so it's easier and less messy to squeeze out.

SUPER-DRY

Wring out the wilted spinach thoroughly so you don't get cooking water in the ricotta filling and make it soggy.

A TOUCH OF SPICE

As well as salt and pepper, we've used nutmeg, which adds more depth of flavour.

LEMON LIFT

A grating of lemon zest lifts the flavour, cutting through the richness of the cheese, butter and eggs.

GARLIC HIT

Ricotta is a mild cheese, so as well as the tang of lemon, we've helped it all along with garlic, but you can leave this out for more subtly-flavoured ravioli.

MELISSA THOMPSON Cooks the books

Our columnist *Melissa Thompson* recreates Sierra Leonean cassava leaf sauce from Maria Bradford's debut cookbook

recipe MARIA BRADFORD

Sierra Leonean food is new to me. Through different dishes, I've made my way round other West African countries – Nigeria, Ghana, Senegal, Gambia. But, it's only through *Sweet Salone*, the debut cookbook from chef and writer Maria Bradford, that I finally make my way to Sierra Leone.

In the cookbook, we learn about Maria's personal history and that of her birth country – of palm oil, cassava and ogirie, the fermented, smoked sesame seeds that form the basis of much of the cuisine.

Maria was born in Freetown and came to the UK in her late teens. She was an accountant before going on a culinary course and setting up her catering business, Shwen Shwen – derived from Krio, meaning 'fancy'.

Sweet Salone includes both traditional foods and 'Afro-fusion' starters and mains – a combination of West African and modern European food. I cooked cassava lif plasas (cassava leaf sauce), made with goat – Maria describes it as "our true national treasure".

Maria lists stockists for Sierra Leonean ingredients on her website, some of which deliver nationwide. Happily, one was down the road from where I live.

Within minutes of walking into the shop, explaining I'd never cooked Sierra Leonean food before, the auntie in charge took me under her wing. She took me to the cassava leaf, found the right piece of smoked barracuda, pointed out the dried okra and passed me some of the most beautiful butter beans I'd ever seen in different shades of beige, brown and amber. Soon, everyone in the shop was involved, and it was one of the most fun shopping experiences of my life.

The cooking was straightforward, and I was intoxicated by the smells – heady fermented funk from the ogirie, smoky notes from the fish. As the dish came together, different ingredients added layers of flavour, from the sweet onion to rich peanut butter.

The taste? Incredible. Smoky, funky, rich and deeply comforting. This brilliant book celebrates a rich cuisine – I can't wait to cook more from it.



Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now.

✂️ @FowlMouthsFood

Cassava leaf sauce (cassada lif plasas/saki)

Sierra Leone has many different types of plasas (leafy green sauces), and this is the one and only, the Salone C-Bomb. If you go to a Sierra Leonean's house, they will usually offer you food. If they offer you our national treasure, our beloved cassava leaf plasas, then they are offering their heart.

Maria Bradford

SERVES 6-8 PREP 15 mins

COOK 1 hr 30 mins MORE EFFORT

100g ogirie (fermented sesame seeds)
2kg goat meat on the bone, diced
700g packet ground cassava leaves
1.5 litres beef stock
500g dried smoked fish fillets, such as barracuda or snapper
350g natural sugar-free smooth peanut butter (without palm oil)
400g can butter beans, drained
400g onions (about 2 medium), finely chopped
500ml coconut oil
6 scotch bonnet chillies, ground to a paste using a pestle and mortar
3-4 tsp dried okra powder
plain boiled rice, to serve

1 Grind the ogirie and 1 tsp salt to a powder using a pestle and mortar. Put the goat meat, ground ogirie, cassava leaves and stock in a large stock pot. Bring to the boil, then reduce the heat to a simmer, cover and cook for 30-40 mins, or until the meat is tender.

2 Rinse the fish fillets. Add the peanut butter and fish to the pot, stir well and cook over a medium-low heat for about 20 mins – the sauce will be thick and start to spatter when you stir, so be careful.

3 Add the butter beans, onions, coconut oil, chillies and 2 tsp salt. Stir to combine, and cook for a further 20-30 mins, or until the sauce is thick. Add the dried okra powder, 1 tsp at a time, stirring carefully between each addition. Continue slowly adding the powder until the sauce has thickened further.

4 Cover and cook for a further 5-10 mins, then turn off the heat and leave to rest for 10 mins. Taste, adding more salt if needed, and serve with plain boiled rice.

GOOD TO KNOW calcium • iron • vit c • fibre • 2 of 5 a day

PER SERVING (8) 1,450 kcs • fat 102g • saturates 62g • carbs 27g • sugars 18g • fibre 29g • protein 91g • salt 16g



Recipe adapted from *Sweet Salone: Recipes from the Heart of Sierra Leone* by Maria Bradford

IFTAR
SPECIAL

“
If someone gives
you cassava leaf
plasas, they're
offering you
their heart
”

Get set for the week



Chocolate and chillies are known to release endorphins in the brain, so we've devised a recipe for happiness. Plus, discover simple ways to reduce stress

recipe SARA BUENFELD **words** EMMA HARTFIELD
main photograph HANNAH TAYLOR-EDDINGTON

5 foods to help beat stress

A sprinkling of seeds on your breakfast, or eating more fish can help boost your mood

Pumpkin seeds are high in magnesium, which can help both the mind and muscles relax.

Sesame seeds are another useful source. As magnesium deficiency has been linked with an increased susceptibility to stress, it's important to eat plenty of foods rich in this mineral.

Breakfast cereals are often fortified with B vitamins, which research has shown help improve mood in people at risk of stress.

Salmon, and other sources of omega-3 fatty acids, have been found to reduce the symptoms of burnout.

Wholegrains can help reduce blood sugar spikes, which tend to increase feelings of anxiety, so opt for wholewheat bread and pasta over 'white' versions, and choose oatcakes or popped corn as wholegrain snacks.

3 more happiness health boosters

The endorphin cycle, where doing something you enjoy creates positive feelings, has numerous benefits. These chemicals can help us manage pain, anxiety and depression to make us feel cheerier.

1 Spending time with friends triggers the endorphin effect, but also an unexpected additional gain. Perhaps due to the pain-killing ability of endorphins, people with more friends have been found to have a higher pain threshold.

2 Laughter has been found to be a successful treatment for stress and depression, due to its ability to alter the chemical balance of the brain.

3 A glass of red wine can help manage pain and anxiety in fibromyalgia patients, as it is believed to trigger the release of endorphins.



Chilli-spiked hot chocolate

Here's a thick and luxurious drink to savour on a cold day.

SERVES 1-2 PREP 2 mins plus 10 mins
infusing (optional) **COOK 5 mins**
EASY V

300ml milk
1 red chilli, halved lengthways,
seeds left in
2 tbsp malt drink powder
40g 85% dark chocolate, snapped
into small pieces
1 tsp caster sugar
cinnamon, to taste

1 Heat the milk and chilli in a small non-stick pan over a low heat until

beginning to bubble around the edge. Take off the heat and taste. If you prefer more of a chilli kick, leave to infuse for 10 mins.

2 Warm over a low heat again if the milk has been left to stand, then stir in the malt powder, chocolate pieces and sugar along with a pinch or two of cinnamon to taste. Stir using a wooden spoon to fully melt and incorporate the chocolate into the milk. Remove and discard the chilli, then pour and serve straightaway with another sprinkling of cinnamon, if you like.

GOOD TO KNOW calcium
PER SERVING (2) 236 kcals • fat 11g • saturates 7g •
carbs 24g • sugars 17g • fibre 3g • protein 8g •
salt 0.3g



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family


Adaptable recipes for all ages

If your kids have special dietary requirements or you simply have very young children, you'll love these easily adaptable recipes

recipes ANNA GLOVER *photographs* MYLES NEW



Banana oat muffins with mix & match toppings

MAKES 12 **PREP** 15 mins plus cooling
COOK 20 mins **EASY** 

200g porridge oats
2 ripe bananas
2 eggs
2 tbsp milled seeds (such as flaxseed or chia seeds)
2 pitted dates
1 tsp baking powder
50-100ml milk

For the mix & match toppings
blueberries, raspberries, sliced dates, or chopped nuts
nut butter, Greek-style yogurt, maple syrup, to serve

1 Heat the oven to 200C/fan 180C/gas 6. Line 12 holes of a muffin tin with cupcake cases. Put the oats, bananas, eggs, seeds, dates, baking powder and 50ml of the milk into a blender and blitz to make a batter (or do this in a jug using a hand blender). Blitz in enough of the remaining milk to make the batter pourable, then pour into the cases and top with your choice of either blueberries, a raspberry, a couple of date slices or a sprinkling of chopped nuts. Bake for 15-20 mins until well risen and lightly golden. The berries, if using, should look soft and juicy. Leave to cool on a wire rack for 15 mins. *Or leave to cool completely, then will keep frozen for up to three months, or in an airtight container for up to five days.*

2 Serve as they are (they're great for packing into lunchboxes and you can freeze them for later) or serve with a drizzle of nut butter, a spoonful of yogurt, or a drizzle of maple syrup.

PER SERVING 103 kcal • fat 3g • saturates 1g •
carbs 15g • sugars 3g • fibre 2g •
protein 4g • salt 0.1g





Panko pesto fish

Free-from pesto is a very handy family-friendly ingredient. If you're unsure about dairy tolerances in younger children, check the packaging, or simply make your own to suit dietary requirements.

SERVES 4 PREP 20 mins
COOK 50 mins EASY

1kg floury potatoes, cut into wedges
2 tbsp olive, plus a little extra for the baking sheet
4 pieces firm white sustainable fish, skinless and boneless
2 tbsp free-from pesto (or regular)
2 tbsp dried white breadcrumbs or panko breadcrumbs (gluten-free, if necessary)
2 tbsp finely grated parmesan
1 tbsp chopped pine nuts (optional)
1 tbsp capers or cornichons, finely chopped
1 tbsp chopped dill or parsley
3 tbsp mayonnaise (dairy-free, if necessary)
¼ lemon, zested and juiced
cooked peas, to serve

1 Heat the oven to 220C/200C fan/gas 7. Tip the wedges onto a baking tray and drizzle over 1 tbsp oil. Toss well. Bake for 50-55 mins, turning halfway through, until golden. Alternatively, cook in an air-fryer at 200C for 40-45 mins, shaking a few times during cooking.

2 After 35 mins of cooking, oil a baking sheet and add the fish pieces. Spread over the pesto, then scatter over the breadcrumbs. Drizzle with 1 tbsp oil and scatter the cheese and pine nuts over a few of the portions for those who like it (using separate trays if there's a nut allergy, or simply omit). Bake for 10-12 mins until the topping is golden and crisp, and the fish is flaky. Alternatively, air-fry after the wedges are done.

3 Mix the capers, dill, mayo, lemon zest and juice with some black pepper in a small serving bowl. Serve the fish with the wedges and peas, and the dip alongside.

GOOD TO KNOW healthy
PER SERVING 516 kcs • fat 23g • saturates 4g •
carbs 38g • sugars 2g • fibre 4g • protein 37g •
salt 0.8g

Mushroom pâté toasts with eggs & thyme salt

While easy and quick to make, a few extra toppings make this a special lunch that you can prepare ahead.

SERVES 4 **PREP** 15 mins plus at least 1 hr chilling **COOK** 20 mins **EASY V**

1 tbsp olive oil
1 shallot, finely chopped
250g chestnut mushrooms, finely sliced
2 garlic cloves, sliced
3 tsp picked thyme leaves
4 tbsp soft cheese
4 eggs
a few pinches of flaky sea salt
4 slices bread, toasted
drizzle of truffle oil (optional)

1 Heat the oil in a frying pan over a medium heat and fry the shallot for 6 mins until soft. Add the chestnut mushrooms, turn the heat up to high and fry for another 8-10 mins until softened and all the moisture that has been released has evaporated. Stir in the garlic and 2 tsp of the thyme, and fry for another 1 min, then remove from the heat and leave to cool for 10 mins.

2 Spoon the mushroom mix into a small food processor, add the soft cheese and blitz until smooth, or do this in a jug with a hand blender. Transfer to a container and chill for 1 hr. *Will keep chilled for up to three days.*

3 Lower the eggs into a pan of simmering water and cook for 6 mins for soft-boiled, or 10 mins for hard-boiled (you may want a mix of both, depending on preferences). Cool under the tap until you can comfortably handle the eggs. Mix the flaky sea salt, remaining thyme and a crack of black pepper in a small bowl. Set aside.

4 Peel the eggs, then cut the hard-boiled eggs into wedges for little fingers, or into slices. Cut soft-boiled eggs horizontally to reveal the jammy yolk. Spread the mushroom pâté over the toasts. (You could spread a base layer of soft cheese or butter first, if you like). For confident eaters, add the eggs on top and sprinkle over some of the thyme salt, then add a drizzle of truffle oil, if using. For little ones, serve the toast in finger-wide strips, alongside the boiled egg.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 216 kcal • fat 12g • saturates 4g • carbs 14g • sugars 2g • fibre 2g • protein 12g • salt 0.8g





Chicken, squash & chickpea stew

A spicy harissa yogurt will add a kick to this stew, or serve with just plain yogurt for little ones.

SERVES 3-4 PREP 20 mins
COOK 1 hr 10 mins EASY 🌿

1 tbsp olive oil
4-6 skin-on chicken thighs or drumsticks
1 onion, finely chopped
2 garlic cloves, crushed
1-2 rosemary sprigs, leaves picked and finely chopped
2 tbsp tomato purée
2 bay leaves
400g butternut squash, cut into 3cm chunks
2 x 400g cans chickpeas, drained
To serve
4 tbsp yogurt

2 tsp harissa
toasted flaked almonds
coriander leaves

1 Heat the oil in a shallow casserole with a lid over a medium-high heat. Nestle in the chicken skin-side down and fry for 8-10 mins until golden brown. Flip and fry for another 5 mins before removing to a pan.

2 Add the onion to the fat left in the pan and lower the heat to medium. Fry for 8 mins until soft, then stir in the garlic, rosemary, tomato purée and bay. Cook for 2 mins then add 600ml water, scraping up any bits stuck to the bottom of the pan and stirring back into the liquid. Add the squash and chickpeas, then nestle the chicken in, skin-side up. Cover and cook for 40-45 mins until the chicken is cooked through and the squash is tender. Add a splash more

water during cooking if needed, or remove the lid of the pan for the last 5-10 mins if there's too much liquid.

3 Remove the chicken from the pan, and shred the meat, discarding the skin, or keep the thighs whole and just remove the skin for baby-led weaning. (You can also blend the chickpea stew to serve as a purée to weaning babies.) Mash some of the chickpeas and squash into the sauce to thicken it, nestle the chicken back in the pan and serve it at the table.

4 Mix the yogurt, harissa and a pinch of salt in a small bowl, marbling them together. Serve alongside the stew with the toasted flaked almonds and a sprinkling of coriander.

GOOD TO KNOW healthy • low cal • fibre •
2 of 5-a-day • gluten free
PER SERVING (4) 429 kcs • fat 17g • saturates 4g •
carbs 30g • sugars 8g • fibre 10g • protein 34g •
salt 0.1g

gf tip

If cooking for children under 12 months, salt should not be added before serving.



Orange & oregano pulled beef

SERVES 6-8 **PREP** 20 mins
COOK 4-8 hrs **EASY**

2 onions, finely sliced
1.5kg beef shoulder joint
2 oranges, zested and juiced
2 bay leaves
small handful of thyme sprigs
1 tbsp dried oregano
1 tbsp sweet smoked paprika
2 garlic cloves, crushed
corn cobs, cooked rice and tortilla wraps (optional), to serve

For the chilli slaw

½ red cabbage, finely shredded
1 carrot, grated
3 spring onions or ½ small red onion, finely sliced
2 tbsp red wine vinegar
1 red chilli, finely shredded
2 tbsp olive oil
handful of coriander, finely chopped

1 Put the onions in the base of a slow cooker, or in a deep roasting tray, then add the beef on top. Pour over the orange juice, then sprinkle in the zest, bay, thyme, oregano, paprika, and add the garlic. Pour in 200ml water, or enough to cover the base of the tray or slow cooker until about 2cm deep. Cook on low for 8-10 hrs, or in the oven at 160C/140C fan/gas 3, covered in a double layer of foil, for 4-6 hrs, topping up with water as needed. The meat should be fall-apart tender. Scoop out the thyme and bay leaves, and discard.

2 Remove the beef and shred the meat using two forks, discarding any skin and excess fat. Keep some of the pork in larger chunks for those who prefer it, or shred into smaller pieces for little ones. Add a few spoonfuls of the cooking liquid over the meat.

3 Toss all the slaw ingredients together in a bowl with some seasoning. You can serve the slaw on the side or with the pork in wraps, alongside cooked rice and corn on the cob.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day •
gluten free



Fun projects to do with the kids



Enjoy making these pretty seasonal decorations on a quiet afternoon, with or without the children

Easter bunny

Growing cress is a great way to teach children about plants and how food is grown and harvested – it shoots up fast and they can enjoy it as a healthy snack once it's ready. Or, decorate the flowerpot with a cheekily burrowing bunny first. This makes a lovely bit of DIY tablescaping, and once the cress is eaten, the Easter bunny can be brought out year after year.

PREP 30 mins plus about 2 weeks' growing

cress seeds
soil
small flowerpot
yellow ribbon
craft glue
small pompom (for the tail)
large pompom (for the body)
brown felt (for the feet)
pink felt (for the paw pads)
mini chocolate eggs

- 1** Plant the seeds in a small pot of soil following pack instructions.
- 2** Wrap a yellow ribbon around the pot. Glue a small pompom on top of a large one to make the bunny's bottom and tail.
- 3** Cut out the feet from brown felt and paw pads from pink felt. Glue the pink pads onto the feet, then glue these onto the large pompom either side of the tail.
- 4** Once the cress has grown, nestle the bunny into the pot. Hide some mini eggs in the cress and enjoy.

Salt dough Easter egg decorations

Make these easy salt dough Easter eggs by mixing flour, salt and water, then stamping out the shapes using a biscuit cutter. Once baked, paint them with acrylic paints, or try acrylic paint pouring. It's easy to do, and the patterns will be different every time – just be sure to protect your surfaces first.

PREP 15 mins **COOK** 2-3 hrs

plain flour
salt
mixing bowl
rolling pin
oval biscuit cutter
skewer or straw
baking parchment
baking tray
acrylic paint
paint brush (optional)
string (optional)

1 Heat the oven to 140C/120C fan/gas 1. Mix two parts plain flour with one part salt and one part water. Once the dough starts coming together, knead the mixture with your hands – if it feels a little sticky, sprinkle in a bit more flour, or add a splash more water if it's crumbly.

2 Roll the dough out on a lightly floured work surface until it's 5mm-1cm thick. Use an oval biscuit cutter to stamp out as many egg shapes as you can. If you want to make hanging Easter eggs, poke a hole in the top of each using a skewer or the end of a straw.

3 Line a baking tray with baking parchment and arrange the salt dough eggs on top in a single layer. Bake for 2-3 hrs on the bottom shelf of the oven, or until the shapes are hard. Leave to cool completely.

4 Pour acrylic paint over the cooled salt dough eggs, making sure to cover all the sides with colour, or paint using a brush. Leave to dry completely, then thread string through the holes at the top (if you want to make a garland). Secure with a knot before hanging.



Marshmallow rabbits

To make these fluffy bunnies, stick the marshmallows together using icing, then decorate with more coloured icing to make a nose and eyes. The best part is they're edible, so you can enjoy them after Easter lunch. Have fun making different types of animals, too – don't be afraid to cut the marshmallows if they're not the shape you want.

PREP 15-30 mins per bunny

royal icing
blue and pink food colouring gels
small, medium and large marshmallows (pink and white)

1 Divide the icing between three bowls. Use the food colouring to colour one bowl blue and one pink, leaving the third bowl plain.

2 Cut a medium marshmallow in half to create the ears (we

used marshmallows with pink middles, but if you have plain white marshmallows, you can dab a little pink icing onto the cut sides to make the insides of the ears). Using the plain icing, stick the ears on top of a large marshmallow and hold in place briefly to set until secure.

3 Stick two small pink or white marshmallows onto the rabbit's face for cheeks, then add a blob of pink icing for the nose and two blobs of blue icing for the eyes. Leave to set.

4 Stick four small white or pink marshmallows on a large white or pink marshmallow to create a body with limbs. Stick another small marshmallow onto the body at the back to create a tail.

5 Stick the head onto the body using a generous blob of plain icing, then leave to set completely.





health

Delicious recipes and top nutrition tips



new series

All about the *keto diet*

Month to month, we'll give you the lowdown on the most talked-about diets so you can decide what's right for you

Although the ketogenic diet (better known as the 'keto' diet) is part of the low-carb weight-loss diet boom, it stands apart for a number of reasons.

Originally used to treat drug-resistant epilepsy in children (as it appears to reduce the frequency and intensity of seizures) the diet went mainstream when people realised its use for weight-loss.

It is often grouped with other low-carb plans, such as the Atkins and Dukan diets. All these work on the principle of ketosis (see below), but the keto diet restricts protein intake as well as carbohydrates.

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The aim of a low-carb diet is to send the body into a state of 'ketosis'
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What's the theory behind it?

The aim of a low-carb diet is to send the body into a state of 'ketosis'. Carbs are usually used for energy; typically our body uses glucose from carbs to fuel activity, keep us warm and support essential organs. But, when deprived of this energy source, the body needs to find an alternative. Initially it pulls stored glucose from the liver and muscles, but these reserves will only last for three to four days. Next, it turns to stored fat, with the liver turning that into chemicals known as ketones, which the body can also use for energy. This is the process known as 'ketosis'.

What can and can't I eat?

In order to trigger ketosis, the carbs you eat need to be heavily

restricted – down to no more than 50g per day. This is equivalent to around a medium baked potato (41g carbs) or a couple of bananas (20g each). You'll need to plan carefully and eliminate all bread, pasta, rice, cereals and most conventional baked goods.

Less obvious perhaps is the need to skip legumes, beans, root vegetables, sweetcorn, most fruits and starchy vegetables, such as potatoes.

You will also need to watch what you drink – fruit juices, fizzy drinks, cordials and even milk-based drinks need to be avoided.

Do be sure to include plenty of non-starchy, low-carb vegetables, such as kale and spinach, which contribute valuable vitamins and minerals, and specific fruits such as avocado.

The keto diet also limits protein. This is because the amino acids that make up protein can be converted to glucose. For this reason, the amount of protein in the diet (typically 10-20 per cent) is enough to preserve lean body mass, including muscle, but not to disrupt ketosis.

Will it work?

Weight loss at the start of the diet may be rapid – potentially around 10 pounds (4.5 kg) in two weeks. This initial loss is generally due to the diuretic effect of the diet (water is lost as stored muscle glucose is used up) preceding fat

20%

“
The keto diet
doesn't fit with
most people's
understanding
of a healthy diet
”

loss. As ketosis continues, you may experience less hunger and, because ketosis itself requires calories, further fat loss. How long weight-loss is maintained depends on how well you introduce a more balanced approach to eating.

A version of the keto diet called the standard ketogenic diet* (SKD) has undergone some research. It appears to help people lose weight and control blood sugar in the short term, as well as provide potential improvements in insulin resistance, blood pressure, cholesterol and blood triglyceride levels.

Although there are several theories as to why keto diets promote weight loss, they have not been consistently demonstrated in studies. In fact, there have been few long-term analyses of the keto diet, although, a 2013 study did suggest that those on a very low-carb diet achieved greater weight-loss over a longer period than those following a low-fat diet.

The SKD is typically aimed at 70-75% fat intake, 20% protein and 5-10% carbs

The nutritionist's verdict

From an evolutionary perspective, ketosis lets humans withstand periods of famine. However, exploiting this natural mechanism – and switching from carbs to foods rich in fat and protein – over a long period of time may cause some side effects. These can include dehydration, electrolyte disturbances, hypoglycaemia and 'keto flu'. Dehydration, with its symptoms of headache, dry mouth, bad breath, fatigue and nausea, is often temporary, because water loss occurs mainly in the early stages of the diet.

The keto diet doesn't fit with most people's understanding of a healthy diet, which would generally consist of a balance of carbs, protein and fat. Following keto means you'll find it hard to reach your five-a-day fruit and veg target, with increased high-fat foods likely to push your saturated fat intake above guideline levels. Restricting carbs, and therefore dietary fibre, can also have a



negative impact on gut health. You can counter this with gut-friendly foods such as leafy greens or fermented vegetables.

Finally, as with many diets, long-term compliance and maintaining weight loss will be key. The limited food choices of keto are likely to prove challenging and eating out with family and friends will be restricted.

**The SKD diet is typically aimed at 70-75 per cent fat intake, 20 per cent protein and 5-10 per cent carbs.*

If you are interested in adopting this sort of diet you should consult your GP to confirm it is safe for you to do so, particularly if you are pregnant or breastfeeding, elderly or under 18, have diabetes, kidney or liver disease.

Turn the page for some simple keto recipes





Omelette roll-up

SERVES 1 **PREP 5 mins**
COOK 10 mins **EASY** **V**

1 egg
rapeseed or olive oil, for frying
2 tbsp tomato salsa
1 tbsp coriander, roughly chopped

1 Beat the egg with 1 tbsp water. Heat the oil in a medium non-stick pan over a medium heat. Add the egg, swirl around the pan and cook for a few minutes to set.
2 Carefully tip the egg onto a board, spread with the salsa, sprinkle with the coriander, then roll it up. Can be eaten warm or cold. *Will keep chilled for two days.*

PER SERVING 133 kcals • fat 10g • saturates 2g • carbs 2g • sugars 2g • fibre 1g • protein 9g • salt 0.4g

One-pot coconut fish curry

SERVES 4 **PREP 5 mins**
COOK 25 mins **EASY**

1 tbsp rapeseed or olive oil
1 onion, chopped
1 large garlic clove, crushed
1 tsp each turmeric, garam masala and chilli flakes
400ml can coconut milk
390g pack fish pie mix
200g frozen peas
1 lime, cut into wedges
cauliflower rice (for a keto-friendly option), or basmati rice, to serve

1 Heat the oil in a large saucepan over a medium heat, add the onion and a big pinch of salt. Gently fry until the onion is translucent, around 10 mins, then add the garlic and spices. Stir and cook for another minute, adding a splash of water to prevent them sticking. Tip in the coconut milk and stir well, then simmer for 10 mins.
2 Tip the fish pie mix and the frozen peas into the pan and cook until the peas are bright green and the fish is starting to flake, around 3 mins. Season and serve with the lime wedges for squeezing over. Ladle into bowls and serve alongside the cauliflower rice.

PER SERVING 352 kcals • fat 25g • saturates 15g • carbs 13g • sugars 5g • fibre 5g • protein 22g • salt 0.6g



Spanish chicken traybake with chorizo & peppers

SERVES 4 **PREP** 15 mins

COOK 1 hr **EASY**

4 garlic cloves
1 tbsp fresh thyme leaves, plus a few sprigs
4 tsp olive oil
8 chicken thighs on the bone, excess skin trimmed
bag of mixed peppers (about 700g), halved and deseeded
140g chorizo, roughly chopped
20 pitted black olives
200g cherry tomatoes
3 tbsp sherry vinegar or red wine vinegar
keto bread, to serve

1 Heat the oven to 200C/180C fan/gas 6. Using a pestle and mortar, crush the garlic and thyme leaves with a little seasoning and 2 tsp of the oil to make a paste. If you don't have a pestle and mortar, finely grate the garlic, then stir everything together in a small bowl.

2 Rub the paste over the underside of the chicken thighs.

3 Cut each of the pepper halves into 2 or 3 chunky strips, depending on their size. Pile into a large roasting tin with the chorizo and olives, toss with the remaining oil, then sit the chicken on top, skin-side up. Scatter over the tomatoes, spoon over the

vinegar, season and tuck in the thyme sprigs.

4 Roast for 1 hr until the chicken skin is crispy and the vegetables have softened. Serve with keto bread, if you like.

PER SERVING 438 kcals • fat 29g • saturates 8g • carbs 12g • sugars 10g • fibre 6g • protein 28g • salt 0.9g



gf tip
Find our recipe for keto bread at bbcgoodfoodme.com/recipes/keto-bread.



5 healthy ideas

pulses

Make the most of storecupboard pulses with these easy, nutritious dishes

Red lentil soup

This warming and budget-friendly vegetarian soup can be poured into a flask for lunch on the go. You can also double the recipe and freeze half for later.

SERVES 2 **PREP** 5 mins **COOK** 20 mins
EASY **V** *

Heat **2 tsp olive oil** in a pan over a medium heat and tip in **1 finely sliced onion**. Fry for 2 mins until beginning to soften, then stir in **3 sliced garlic cloves** and **2 chopped carrots**. Cook for 3 mins, then pour in a litre of boiling water, **85g red lentils** and **1 vegetable stock cube**. Cover and cook for 15-20 mins until the lentils are tender. Stir through **2 tbsp chopped parsley** and serve with a little extra parsley sprinkled over the top.

GOOD TO KNOW healthy • low fat • low cal • fibre • iron • 3 of 5-a-day
PER SERVING 255 kcal • fat 5g • saturates 1g • carbs 37g • sugars 11g • fibre 8g • protein 13g • salt 0.8g

Chickpea salad

Use a touch of harissa to liven up a healthy chickpea salad. It takes just 10 minutes to whip up and makes an ideal side dish for slow-cooked Greek lamb.

SERVES 6 as a side **PREP** 10 mins
NO COOK **EASY** **V**

Tip a **400g can chickpeas**, drained and rinsed, into a bowl and mix with a **large handful each of roughly chopped coriander and parsley**, **1 thinly sliced red onion**, **2 chopped large tomatoes**, **2 tbsp olive oil**, **2 tbsp harissa paste**, and the **juice of 1 lemon**. Mash a little so the chickpeas rough up around the edges. Serve with grilled meats or roast lamb.

GOOD TO KNOW vegan • healthy • low cal • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 111 kcal • fat 5g • saturates 1g • carbs 10g • sugars 4g • fibre 4g • protein 4g • salt 0.09g

Black-eyed bean mole with salsa

This healthy Mexican-style dish counts as three of your five-a-day. The beans are a great source of protein and fibre.

SERVES 2 **PREP** 15 mins **COOK** 8 mins
EASY **V**

Combine **1 finely chopped red onion**, **2 chopped large tomatoes**, **2 tbsp chopped coriander** and the **zest and juice of 1/2 lime** in a bowl. Heat **2 tsp oil** in a non-stick pan, then stir in **1 sliced red onion** and **1 crushed garlic clove** and cook for 5 mins until soft. Tip in **1 tsp each ground coriander and mild chilli powder**, along with **1/2 tsp ground cinnamon**. Stir, then mix in a **400g can black-eyed beans**, including the liquid, with **2 tsp cocoa powder**, **1 tsp vegetable bouillon powder** (vegan if necessary) and **1 tbsp tomato purée**. Cook, stirring, for 5-7 mins, until thickened. Spoon into shallow bowls, top with the salsa and serve.

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 294 kcal • fat 5g • saturates 1g • carbs 39g • sugars 16g • fibre 15g • protein 15g • salt 0.8g

Kidney bean curry

Canned beans are a saviour when there's nothing in the fridge and they're a budget-friendly option, too.

SERVES 2 **PREP** 5 mins **COOK** 30 mins
EASY **V**

Heat **1 tbsp vegetable oil** in a pan over a low-medium heat. Add **1 finely chopped onion** and a pinch of salt and cook until softened, around 15 mins. Stir in **2 finely chopped garlic cloves**, **1 thumb-sized piece of finely chopped ginger**, and a **small bunch of coriander**, stalks finely chopped (save the leaves). Cook for 2 mins until fragrant, then mix in **1 tsp each ground cumin and paprika**, and **2 tsp garam masala**. Fry for 1 min, then add **400g can chopped tomatoes** and **400g can kidney beans** along with their liquid. Bring to the boil, then reduce the heat and simmer for 15 mins until thick. Season, scatter over the coriander leaves and serve with rice.

GOOD TO KNOW vegan • low fat • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 292 kcal • fat 8g • saturates 1g • carbs 34g • sugars 13g • fibre 14g • protein 13g • salt 0.06g



Beetroot & lentil tabbouleh

Serve this tabbouleh as a side dish or vegan main.

SERVES 4 PREP 15 mins NO COOK EASY V

Put **1 small bunch each of mint, chives and parsley**, reserving a few parsley leaves, in a food processor with **200g radishes** and **2 peeled and quartered beetroot**. Blitz until finely chopped, then tip into a bowl. Stir in

1 sliced red apple, 1 tsp cumin, 4 tbsp olive oil, a 250g pack cooked quinoa, 400g can drained and rinsed chickpeas and 400g can drained green lentils. Season and add the juice of **2 lemons**, a little at a time, to taste. Serve with the reserved parsley leaves scattered over.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 364 kcal • fat 15g • saturates 2g • carbs 36g • sugars 6g • fibre 11g • protein 14g • salt 0.3g





healthy diet plan

it's a wrap!

Use storecupboard ingredients and leftovers for a nutritious, easy-to-make Mexican-style lunch

recipe SARA BUENFELD photograph HANNAH TAYLOR-EDDINGTON

Healthy chicken burritos

You can store the chicken and rice filling in the fridge overnight if you want to get ahead with lunch prep. Plus, this is ideal if you've had roast chicken on a Sunday as you can use the leftovers.

FIBRE

VIT C

3 OF 5-A-DAY

MAKES 4 **PREP** 10 mins

COOK 25 mins **EASY**

- 2 tsp rapeseed oil
- 1 large red pepper, halved lengthways, deseeded and cut into thick strips
- 1 tsp cumin seeds
- 2-3 tsp mild chilli powder, to taste
- 400g can black beans
- 198g can sweetcorn, drained
- 1 tbsp tomato purée
- 1 large garlic clove, finely grated
- 220g pouch cooked wholegrain rice (or leftover cooked brown rice)
- 300g cooked chicken, sliced or shredded (or a combination of leg and breast meat left over from a roast)
- 15g coriander, chopped
- 2 small avocados, stoned and quartered
- 1 lime, juiced
- 4 large wholemeal tortilla wraps

1 Heat the oil in a large non-stick frying pan and cook the peppers, covered, for 10 mins over a low heat until softened and lightly charred.

2 Meanwhile, in a dry frying pan, toast the spices gently over a low heat for 2-3 mins until fragrant, then tip in the beans, along with their liquid, the sweetcorn, tomato purée and garlic. Mix well and turn the heat up to medium so the mixture bubbles, then stir in the rice, chicken and coriander. Cook for 3-4 mins until piping hot. *Will keep chilled for up to a day. Leave to cool completely first. Reheat in a pan or the microwave until piping hot.*

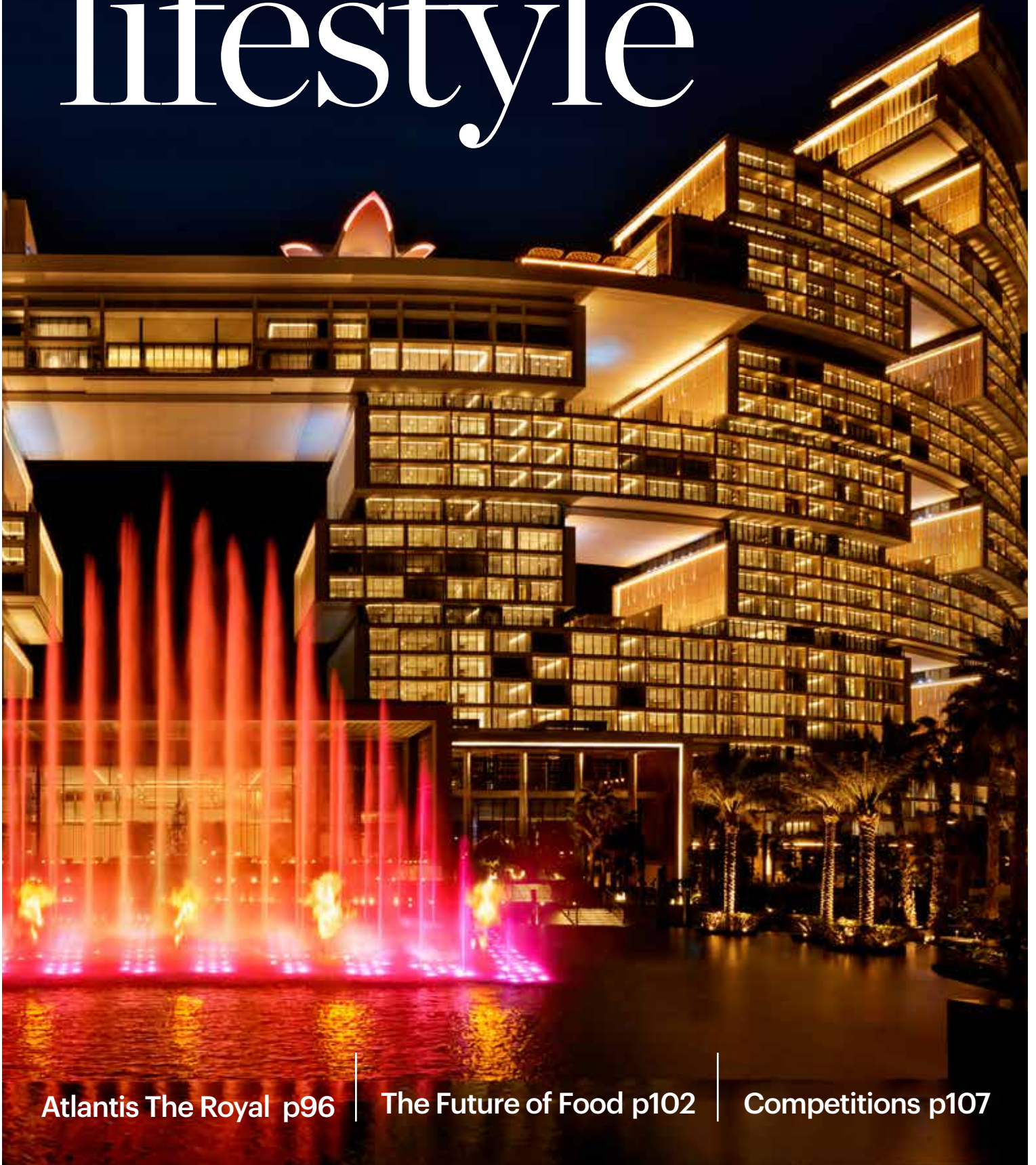
3 Toss the avocado in a bowl with the lime juice. Lay the tortillas out on a work surface and pile the rice down the centre leaving a space at either side. Top with the peppers and avocado, then fold up the tortillas at each end to enclose the filling and tightly roll up the wrap. Put in the pan that you cooked the peppers in, seam-side down, and cook gently on each side over a low heat to lightly toast, about 2-3 mins. You may need to do this in batches.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day

PER SERVING 529 kcs • fat 20g • saturates 4g • carbs 46g • sugars 7g • fibre 13g • protein 36g • salt 0.7g



Gourmet lifestyle



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The Future of Food p102

Competitions p107



UNPARALLELED LUXURY

A culinary-led sojourn at the uber-luxe Atlantis The Royal





Dubai's reputation for grandeur and extravagance precedes it, with a larger-than-life approach to opulence ingrained in its identity. Atlantis The Royal certainly amplifies this ethos. Perched on the iconic Palm Jumeirah island, this mega-resort sprawls across six towers; a modernist architectural marvel resembling a towering puzzle, seamlessly linked by a sky bridge. Checking into this year-old gem — the culmination of eight years of meticulous craftsmanship — felt surreal. Rising 43 stories high, Atlantis The Royal offers a truly immersive escape from reality. The resort offers a wealth of amenities, home to celebrity chefs and Michelin-recognised dining venues, chic bars, upscale boutiques, a sprawling wellness centre, and several pools including adults-only spaces. With 795 rooms and suites, each promising a lavish experience, this resort creates the perfect setting for an unforgettable stay.

CHECK-IN

In every corner of the resort, the decor revolves around the theme of water. Inspired by the resilient Bedouin tribes, who historically journeyed through the Arabian desert, relying on water wells for survival and navigation, the design pays homage to their ingenuity and warm hospitality. Water, symbolising life in the desert, is revered throughout the property, with elegant water features and sculptures strategically placed to evoke a sense of wonder.

Stepping into our Palmscape Room, we were embraced by

a serene colour palette that echoed the calming shades of the ocean and desert landscape. Our gaze was instantly drawn to the panoramic views extending over the island, and the breathtaking Dubai skyline visible through the floor-to-ceiling windows. Throughout our stay, the balcony provided an unparalleled vantage point, especially during the tranquil moments of sunrise, when the gentle rays of sunlight painted the horizon with a serene glow.

The room features minimalist décor, fostering a tranquil ambience. A sleek privacy glass divides the bedroom and spacious bathroom, which boasts a standalone bathtub and walk-in shower, accompanied by exclusive Graff amenities curated for Atlantis The Royal guests. The king-size bed, outfitted with hand-stitched mattresses by Hypnos, ensures a restful night's sleep. Families with infants will find a cot readily available, complete with a thoughtful travel kit containing grooming essentials and a toy for entertainment.





Royal Club Lounge



Ariana's Persian Kitchen



Gastronomy



Adjustable mood lighting enhances the atmosphere for ultimate relaxation. After our resort explorations, we relaxed on the comfortable couch, indulging in Avantcha tea with fruit and confectionaries, while cocooned in plush Frette bathrobes. As night descends, the balcony provides breathtaking views of the fire and fountain show, adding an extra layer of enchantment to our stay.

CULINARY TOUR

The resort boasts 17 restaurants and bars offering a diverse range of culinary experiences, from renowned celebrity chef concepts to upscale pool venues.

Nobu by the Beach marks the debut of a pool and beach club concept by the globally renowned Nobu restaurant. Situated along the shoreline, we opted to dine at the restaurant, complete with an expansive outdoor bar, as the chic sun

loungers are reserved for adults seeking a tranquil retreat. The menu features a thoughtfully curated selection of innovative Japanese-Peruvian bites, with standout dishes including the Crispy shiitake salad with goma truffle dressing which packs in texture and flavour fusion. The Crisp rice tuna provides a delightful crunch paired with fresh, fatty fish, while the Rock shrimp tempura serves as a light bite accompanied by a flavourful assortment of spicy dips. The Salmon avocado jalapeño delivers a kick of heat in a cut roll, complemented by the hearty Chicken teriyaki kushiyaki for a more substantial option. Inventive concoctions perfectly complement the meal, offering a refreshing sip while enjoying captivating deep house beats spun by the DJ.

Entering Ariana's Persian Kitchen is an instant immersion into a world where aromas of fruits and nuts mingle with savoury meats, grains, and vegetables, reminiscent of a traditional Persian household. Helmed by renowned TV chef and cookbook author Ariana Bundy, this debut restaurant offers a contemporary twist on classic Persian dishes, featuring family recipes passed down through generations. Flooded with natural light, the venue blends modern design with traditional Persian aesthetics, highlighted by pops of pink and green. The menu comprises Mast o khiar, a



refreshing cucumber and yoghurt dip adorned with walnuts and petals; the delectable Salad olivieh made with chicken, potato, and egg; and a comforting bowl of

creamy Soup e jo. For mains, the irresistible Ghormeh sabzi, a rich meat stew served with white rice entices, while the renowned Kabab koobideh presents juicy, perfectly charred meat bites. A must-try is the 24K gold jewelled rice, adorned with saffron, pistachio, and dried barberries - a vibrant and Insta-worthy dish bursting with flavour. No Persian meal is complete without dessert, and the Faloodeh — a granita-style treat with rice noodles and rosewater and lime sorbet—stuns with its refreshing notes.

Ascending via the lift surrounded by a cascading water display, anticipation builds for our meal at Dinner by Heston. A bucket list experience, the venue's terrace provides views of the resort's fountain, while indoors, the ambience is intimate with subdued lighting. Our gaze is drawn to the open laboratory-style kitchen, where the mechanical pineapple clock at the centre of the room opens every half-hour to roast the pineapples in the kitchen – a stunning visual. Seated at the coveted window booth, we're introduced to dishes spanning British history, from the Tudor period to the mid-20th century. The menu features the dates each dish was first

served, and the staff proudly share the historical background of each culinary creation.

Beginning with the 13th-century classic, the Meat Fruit, a labour-intensive creation resembling a mandarin but concealing a sumptuous chicken liver parfait within, 'the peel' infused with mandarin juice and oil for a unique flavour. Accompanied by toasted bread, this dish boasts a velvety texture and a creamy mouthfeel. Next, Rice & Flesh, the Michelin-starred chef's speciality, features slow-cooked beef complemented by saffron risotto and truffle shavings. The tender Venison & pickled cherries is perfectly complemented by smoked beetroot, creating a harmonious balance of taste and texture. Transitioning to 1940, The Cod in Cider presents tender fish atop a bed of cider broth, accompanied by plump mussels. The highly acclaimed triple-cooked chips are hands-down the best we've ever tasted. Crunchy and crispy, the moreish fries are sure to fill you up. Finally, the Tippy Cake, ordered at the meal's outset and taking 45 minutes to prepare, features caramelised spit-roast pineapple and vanilla-drenched brioche balls, delivering a warm, comforting conclusion to the dining experience.

The allure of Cloud 22's infinity pool is undeniable, with stunning panoramic views stretching from the Burj Al Arab to Dubai Marina and beyond. This adults-only pool club offers a breathtaking setting to relax and soak in the beauty of Dubai's iconic skyline. We were offered a lounger, however, other enticing options include a floating bed, a double day bed, or the lotus pool floating bed, for an unparalleled experience. After a couple of dips in the pool, we tucked into Italian-inspired dishes including the fresh and silky Hamachi carpaccio with bursts of citrus and creamy avocado, or the tender, perfectly grilled Australian ribeye topped with an onion jam-like relish. For



Cloud 22

a substantial bite, the juicy sliders pair well with crisp fries. The beverage menu, featuring poolside classics as well as inventive fruity, smoky, and vibrant sips complemented our day of relaxation.

La Mar by Gastón Acurio provides an authentic Peruvian experience with sharing-style dishes that pay homage to tradition. The terrace boasts views of the stunning fountain and fire show below, while indoors, the ambience is relaxed, with dangling glass fixtures and oceanic vibes. An expansive fish counter showcases premium seafood on ice, setting the stage for an exceptional meal. The menu is a treasure trove of classic Peruvian specialities, including a Cebiche tasting to savour the best of this iconic dish. The Clásico, Limeño & Brasa dishes made a dramatic entrance with dry ice, adding a playful touch to the table. Among our favourites was the Conchitas Poderosas, featuring rich and tender Hokkaido Scallops in a tangy olive oil dressing and a dollop of nutty, buttery Oscietra caviar. A surprising addition to the menu was the Wagyu beef MB7 nigiri, topped with a fried quail egg, stir-fried beef sauce, and crunchy shoestring fried potatoes, showcasing a fusion of flavours inspired by chef Acurio's time in Japan. Tart, sweet and smooth sips are a crucial aspect of the Peruvian dining experience. Don't miss out on the Noodle box beverage, served in a takeout container and topped with spiced cucumber noodles for an extra playful touch. The Anticucho classic, featuring grilled veal heart with fried potatoes and a sublime Ocopa & rocoto pepper sauce, provides a true taste of Peru, with notable spice notes. Biting into empanadas filled with Wagyu beef MB7 cooked lomo saltado style, we savoured the distinct flavours in each parcel. Another favourite from the mains is the comforting rice bowl, featuring slightly crisp stir-fried rice with bell peppers, mushrooms, and spring onions, topped with Wagyu beef, all expertly mixed at the table. At the end of our meal, a surprise awaited us as we were

presented with a large chocolate box filled with colourful cacao variations, each nestled in its compartment, offering a tempting array of choices to indulge in.

Breakfast options abound across various

BOOK NOW

The Royal Club King – Palm View room is available from AED5,800 for a two-night stay. Visit atlantis.com/atlantis-the-royal for more information.



venues, with the private Royal Club Lounge offering an extensive spread that includes Eggs benedict with short rib and truffle, alongside a buffet featuring the usual breakfast fare such as fruit, cheese, deli meats, and a wide selection of bread and pastries. The lounge also offers afternoon tea, a lavish spread of canapés in the evenings, and complimentary premium beverages throughout the day.

For a breakfast experience like no other, we headed to Gastronomy. The expansive dining hall showcases multiple live cooking stations, with everything from Asian dishes including dim sum and Indian specialities, to freshly cut sashimi, a variety of cheeses and deli meats, pastries such as gianduja pain au chocolat, made-to-order noodle soup, pizza and manakeesh, eggs benedict with smoked salmon, grilled meats, and a range of global breakfast treats, alongside fresh juices and smoothies at a dedicated bar. We couldn't resist stopping by the gelato and fresh cake section to treat ourselves a bit.

FAMILY FUN

Atlantis The Royal caters to guests of all ages with activities ranging from the Atlantis Explorers' Club and children's splash pad to family watersports, ensuring there's something for everyone. The Royal Pool caters to families with the resort façade serving as a picturesque backdrop for photos, while the expansive 1.2-mile beach offers plenty of space for play and leisurely strolls.

THE FUTURE OF FOOD

Torence Raf visits Atelier Moessmer Norbert Niederkofler
to explore the NEOM CARE's culinary manifesto





I've been closely monitoring the latest happenings in the Kingdom of Saudi Arabia.

Particularly its notable achievements in the culinary scene, as evidenced by its recent inclusions in the *Middle East & North Africa's 50 Best Restaurants* list, solidifying its position as an emerging hotspot for gastronomy. One particular development that has caught my attention is NEOM, an urban region situated in the northwest of the Kingdom of Saudi Arabia.

A living laboratory on the Red Sea, NEOM's diverse climate features sun-kissed beaches and snow-covered mountains. It aims to redefine the concept of livability, support flourishing businesses, and revolutionise environmental conservation efforts. However, what truly

intrigued me was the collaboration with CARE's initiative, spearheaded by the multi-hyphenate Norbert Niederkofler, and Paolo Ferretti, owner of the communication agency hmc in Bolzano.

Renowned for his innovative and ethical approach to gastronomy, Chef Norbert Niederkofler is celebrated for crafting sustainable culinary masterpieces. His restaurant, Atelier Moessmer Norbert Niederkofler in Bruneck, Italy, was honoured with a Green Star award. From my research, I discovered that CARE's project is dedicated to advancing a moral and sustainable cooking ethos. Collaborating with globally renowned 'Ethical Chefs', this initiative ignites positive transformations by showcasing profound reverence for the region, seasonal ingredients, environmental



At the heart of this collaboration is a shared goal: to redefine culinary horizons and advance sustainable development in food, agriculture, and gastronomy.

considerations, the efforts of producers and farmers, as well as traditions and cultural heritage in all their facets.

In early 2023, the two powerhouses NEOM and CARE's united their efforts to cultivate NEOM's distinctive culinary identity. Their collaboration focuses on responsibly managing the food supply chain, ensuring sustainability from planet to plate. This partnership aims to propel Saudi Arabia into a new era of sustainable culinary practices.

To delve deeper into the culinary vision of NEOM CARE's, I embarked on a journey to Niederkofler's renowned three Michelin-starred restaurant Atelier Moessmer. Tucked away in the lush Pustertal valley of South Tyrol, Italy, the enchanting venue provides an idyllic setting. Housed within a villa that once operated as one of the world's oldest fabric producers





(Moessmer textile factory), the venue showcases Chef Niederkofler's "Cook the Mountain" philosophy, which places emphasis on utilising top-quality seasonal produce sourced directly from local farmers and producers.

A standout dish here is the Beetroot gnocchi, a tribute to the legacy and culinary evolution of St. Hubertus (Chef Niederkofler's 3-star restaurant that recently closed its doors). Featuring a horseradish filling, accompanied by Schüttelbrot (crisp rye flatbread) crumbles, it is topped with a velvety, mildly flavoured daikon cream. Another highlight is the duet of lamb, comprising a lamb steak served with mole sauce and salsify, alongside a sesame seed-crust lamb lollipop offering a textured mouthfeel. Additionally, the cold and hot smoked trout tartare, garnished with trout roe and pickles and served with a broth crafted from the lesser-known parts of the fish, perfectly aligns with the restaurant's commitment to minimal waste, offering a glimpse into NEOM's culinary ethos.

THE MANIFESTO

At the heart of this collaboration is a shared goal: to redefine culinary horizons and advance sustainable development in food, agriculture, and gastronomy. This initiative extends beyond NEOM's borders, echoing throughout the Kingdom and resonating on a global scale.

Guiding the future of food, the manifesto is framed around six principles: People and Leadership, Facilities, Water and Energy, Food Supply, Circular Economy, and Communications. Serving as the cornerstone for sustainable culinary practices in NEOM, it not only lays the groundwork for transformation but also shapes educational initiatives at the NEOM CARE's Academy. This Academy unites chefs, entrepreneurs, and industry experts dedicated to advocating for the utilisation of locally sourced ingredients and sustainable techniques that align with ecological harmony.

The Academy encompasses over 150 chefs spanning across more than 25 countries, serving as global ambassadors who endorse a diverse

range of initiatives and engagement endeavors. Through activities such as chef camps, masterclasses, and apprenticeships, the manifesto moulds the educational terrain for the upcoming generation of pioneers within the field. This endeavour will foster a new wave of Saudi chefs who will craft menus utilising the freshest regional ingredients.

THE AWARD

In harmony with the manifesto, the esteemed NEOM CARE's Award serves as a symbol of acknowledgment and admiration for trailblazers in the food industry who are dedicated to fostering innovation and sustainability. This global accolade honours individuals driving meaningful, positive change in agriculture, food production, and gastronomy.

The Award Council is led jointly by Chef Norbert Niederkofler and Dr. Juan Carlos Motamayor, the Executive Director of NEOM Food Sector, who brings extensive expertise in sustainable business practices, boasting over two decades of global experience.



Together, they will define the Award categories, establish criteria, and determine the selection methods.

The esteemed members of the Award Council encompass a diverse array of influential figures: Dominique Crenn, a pioneering chef renowned for her environmentally conscious fine dining approach; Professor Sacha Menz from ETH Zurich, an architect and professor specialising in sustainable building technologies - who provides a structural perspective - Mariasole Bianco, a marine scientist and advocate for ocean conservation, offering invaluable insights on sustainability; Professor Rod Wing from the Center for Desert Agriculture at King Abdullah University of Science and Technology, bringing expertise in desert agriculture; award-winning culinary historian Maricel

Presilla, known for her extensive knowledge of culinary history; and Chris Newman, the executive director of NEOM Hotel Development, contributing expertise in hotel development.

Among the luminaries, there is one individual I'd like to catch up with again, possibly at NEOM in the future: Bader Alsheikh (pictured above), a chef from Saudi Arabia whose passion for cooking ignited at the age of five. The winner of MasterChef Arabia in 2015, Bader's journey harmonises seamlessly with the vision of NEOM CARE's. He is currently undergoing training at Atelier Moessmer and I can't wait to experience the mastery and innovation he will bring forth from his training. As a member of the NEOM x CARE's Academy, Bader

actively contributes to the education of a new generation of chefs in Saudi Arabia, inspiring them to approach food with creativity. His presence epitomises the diversity and richness of Saudi Arabian talent, infusing a distinctive flavour into the collaborative endeavours of NEOM CARE's.

A CULINARY REVOLUTION

As the curtains closed on the unveiling of the manifesto at Atelier Moessmer, a new chapter unfolded in Saudi Arabia's gastronomic narrative. Through the Manifesto and Award, I discovered NEOM CARE's unwavering commitment to fostering innovation, sustainability, and the development of talent.

The essence of this collaboration underscores a dedication to cultivating a wholesome, sustainable, and enjoyable culinary culture. With NEOM leading the charge for a new lifestyle along the Red Sea and CARE's uniting trailblazers, Saudi Arabia's culinary landscape is undergoing a significant transformation, marked by innovation and a celebration of local flavours.

As NEOM CARE's paves the way towards a culinary renaissance, I eagerly anticipate the transformation. While the journey is in its nascent stages, the destination holds the promise of being truly remarkable.



We are now **LIVE** with video!

Showcase your offerings with an exclusive pre-roll commercial that plays before expert videos. The video content will be interrelated with the brand, and clients can sponsor culinary skill videos, kids' recipes, meal inspiration, baking clips, and plenty more.

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs

SHOPPING VOUCHER FOR KIBSONS, WORTH AED500



In celebration of Kibsons' #LifeUnboxed campaign, one lucky winner will receive a special 'Big Blue Box' filled with the brand's top-selling products and favourites. From fresh produce to gourmet delights, the box promises a bounty of wholesome goodness to enjoy. Embracing the joys of nourishing food and togetherness, #LifeUnboxed highlights everyday moments among families across the emirate. The iconic 'Big Blue Box' symbolises Kibsons' commitment to providing convenient doorstep delivery of fresh and nutritious essentials, eagerly awaited by households across the UAE.

DINING VOUCHER AT SALERO, WORTH AED500

Experience the vibrant ambience of Spain at Salero and stand a chance to explore its charming Bodega. Picture being surrounded by lively guitar melodies and captivating flamenco performances while enjoying authentic Spanish paella and tapas. Let the rhythmic beats of Spanish music transport you as you savour beverages and immerse yourself in the essence of Spain at Salero.

DINING VOUCHER AT SFUMATO, WORTH AED500



Immerse yourself in refined culinary experiences at Sfumato, a sophisticated all-day dining venue nestled within ME Dubai Hotel. Known for its exceptional cuisine and elegant atmosphere, Sfumato offers a fresh take on comfort food with its selection of boutique-style urban dishes. From appetising starters to satisfying main courses and decadent desserts, each dish is crafted using a combination of local and international ingredients.



DINING VOUCHER AT SOON NOBBY X TRUE IZAKAYA, WORTH AED500

Discover traditional Japanese cuisine with a contemporary twist at SOON Nobby x True Izakaya. Drawing inspiration from 1980s Japanese retro aesthetics and pop culture, SOON Nobby x True Izakaya channels the vibrant energy of Tokyo into the heart of Dubai. Guests are invited to immerse themselves in this modern, trendy izakaya setting, where they can revel in a lively party atmosphere while indulging in delectable Japanese culinary delights.



SHOPPING VOUCHER AT BUMBLEBEE FOOD, WORTH AED500

Participants have the opportunity to win the chance to order ready-made frozen meals for their children from Bumblebee Food. The menu, meticulously curated by a pediatric nutritionist and certified chef, focuses on natural and organic ingredients for sustained health benefits. All meals feature hormone-free, grass-fed proteins and locally sourced organic ingredients, with every element prepared from scratch, including sauces, providing a variety of flavours and textures tailored to each child's needs.



DINING VOUCHER AT THE COFFEE CLUB, WORTH AED500

Originating in Brisbane, Australia, The Coffee Club has expanded globally, spreading moments of joy across New Zealand, Thailand, the Middle East, and beyond. Whether it's the comforting sip of morning coffee, the shared laughter over a meal with friends, or the blissful indulgence of chocolate cake, The Coffee Club is a must-visit destination. With an all-day menu featuring breakfast, lunch, and dinner favourites, The Coffee Club offers one lucky winner with the opportunity to experience its offerings.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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